

How to Keep Your Child Healthy During COVID-19

Can I Boost my Child's Immune System?

Short answer is **no**. There is no single food, supplement or natural health product that will prevent, treat or cure colds or viruses like

Find YOUR Healthy

There is no one-size-fits all approach to healthy eating, it looks different for everyone and healthy eating shouldn't be restrictive. It should be positive, enjoyable and satisfying. We've compiled lists and tips that focus on supporting your child's immune system through delicious and nutritious food choices.

1. Vegetables and Fruits

Packed with Fibre, Vitamin C, A and D, and minerals like magnesium.

- Pears
- Apples
- Berries
- Broccoli
- Peaches

TIP: Fruit juice and fruit juice concentrates can be high in sugar. Replace sugary juice at mealtime with water. Always do your best to choose raw or cooked veggies or fruit instead of juice!

2. Whole Grain Foods

Whole grains contain significantly more fibre, protein and vitamins than foods made from enriched white flours.

- Try whole-grain crackers or whole-grain baked pita "chips" as a snack
- Serve your favourite oatmeal for breakfast
- Opting for a cereal made with whole-grains,
- Using whole-grain pasta in place of traditional enriched white pasta



TIP: Try popping your own popcorn. Yes – popcorn is a whole grain and can be a very healthy snack when lightly seasoned!

3. Protein

Lean meats, seafood, poultry and eggs are a great source of iron, zinc, and Vitamin B-12.

- Eggs
- Nuts and seeds
- Shrimp and salmon
- Chickpeas, Black Bean & Kidney Beans
- Milk, yogurt, & lower sodium cheeses



TIP: Try nut butter with celery or spread on toast, lower fat yogurt with fresh fruit or hummus with fresh veggies!

4. Limit Processed Foods

Significantly cutting down or removing highly processed foods in your child's diet, will help improve and support the production of immune cells and antibodies.

- Make homemade versions of your child's favourite treats such as healthier muffins, or pancakes
- Replace those sugary drinks with water
- Choose leftover baked chicken instead of deli meats for kids sandwiches

Picky Eaters

Picky eaters can be a challenge for parents, especially when trying to establish healthy eating habits. Smoothies are a fun way to eat fruit and frozen fruits are just as nutritious as fresh, it's all the same mixed up in a blender.

If you feel like your child is coming up short in terms of achieving their dietary needs, you may consider trying a nutritional supplement to help. One we like to suggest is PediaSure Complete.®



References:

- 1 Advice for the general public about COVID-19. (2021). Retrieved from <https://www.dietitians.ca/News/2020/Advice-for-the-general-public-about-COVID-19>
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3. Health Canada (2020, October 14). Eat whole grain foods. Retrieved February 25, 2021, from <https://food-guide.canada.ca/en/healthy-eating-recommendations/make-it-a-habit-to-eat-vegetables-fruit-whole-grains-and-protein-foods/eat-whole-grain-foods/>
4. Health Canada (2020, October 14). Healthy eating for parents and children. Retrieved February 25, 2021, from <https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/#section-3>