



Away We Grow!

Do you have a toddler under 17 months old?

Help us learn more about the nutrition needs of young children!

This 6-month research study involves:

- 3-4 study visits at a convenient community location
- Collecting information on your child's growth, development and diet

In appreciation for your time, you will receive:

- Feedback on your child's growth and blood work analysis
- Reimbursement for parking/transit and gift card honorariums



UBC Nutrition Research Program

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Away We
Grow Study



SOME NUTRITION RESOURCES FOR YOUR LITTLE ONE

- **Dietitians of Canada**
<https://www.dietitians.ca/Your-Health/Nutrition-A-Z/Children.aspx>
- **Health Link BC**
Call 811 to speak with a Dietitian.
- **Ellyn Satter Website and Publications**
 - <https://www.ellynsatterinstitute.org/>
 - Child of Mine: Feeding with Love and Good Sense
 - Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook
- **First Step Nutrition Blog. Jennifer House, MSc, RD**
<http://firststepnutrition.com/blog-page/>
- **Kids Nutrition Newsletter. Kristen Yarker, MSc, RD**
Subscribe at: <https://www.kristenyarker.com/kristen-yarker-dietitian-blog/>

Disclaimer External Links: The UBC Nutrition Research Program, Principal Investigators and Research Staff do not receive benefits or credit for providing the above listed resources. The information is intended to offer sources for education and general, credible and up-to-date nutrition information for feeding toddlers and should not be relied on as a substitute, nor does it replace professional medical advice, diagnosis and treatment. Sept 2018. Postcard V5