



Vital Vitamins & Marvelous Minerals

I hope everyone is staying out of the cold and warming up with some delicious healthy treats. In the December newsletter, I shed some light on Picky Eaters and how to deal with them. I hope you enjoyed the newsletter and found it useful. If anyone is in need of specific advice with regards to your child's eating, please feel free to email me at salma.ganchi@verizon.net. I would also love to hear what topics you would be most interested in.

Many of us deal with picky eaters and are often wondering whether our child is getting all the nutrients he needs to. This month I will be touching on vitamins and minerals and ways in which to make sure your child gets his daily dose.

It is estimated that 25-50% of children in the United States are given a vitamin and mineral supplement. For children who eat an average diet, supplementation is not necessary unless the child eats a restrictive diet or suffers from a chronic medical condition such as liver disease or fat malabsorption. Exclusively breastfed babies also require a vitamin supplement. There is no harm in giving your child a supplement even though he is a good eater, however it is probably better to try and reach his daily requirements by giving him a well-balanced diet. By consuming a diet with the minimum number of servings from the food guide pyramid, your child will more than likely meet his daily vitamin and mineral requirements. If your child is taking a supplement, be sure that the supplement does not contain iron because an accidental iron overload can be fatal.

I will briefly touch on some of the important vitamins and minerals our little ones need and good food sources of these.

	Function	Recommended Daily Allowance (RDA) for 1-3 year olds	Sources
Vitamin A	-Protects body from infections -Reduces the risk of cancer -Promotes good health and growth of cells and tissues in the body, eg hair, skin and nails	400 Micrograms	Carrots, Red Bell Peppers, Fortified Milk or Cereals
Vitamin C	-Keeps infections at bay -Boosts the immune system -Helps repair bones, tissues and red blood cells -Helps to keep the gums healthy	15 Milligrams	Red Bell Peppers, Oranges, Strawberries, Broccoli, Papaya
Vitamin D	-Builds strong teeth and bones -Helps absorb calcium	5 Micrograms or 200 International Units (IU's)	Salmon, milk, egg yolk, cheese
Calcium	-Vital for building strong bones	500 Milligrams	Yogurt, milk, cheese, fortified cereals and orange juice
Iron	-Essential for brain development	10 Milligrams	Steak, chicken, egg, fortified cereals, spinach
Fluoride	-Prevents tooth decay	0.25 Milligrams	Fluoridated water
Zinc	-Essential for growth	10 Milligrams	Pecans, sunflower seeds, tuna, beef

Interesting Veggie-mation! Meet Members of the Cabbage Family



- Beet greens
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Chinese cabbage
- Collard greens
- Garden cress
- Horseradish
- Kale
- Kohlrabi
- Mustard greens
- Radishes
- Rutabaga
- Swiss chard
- Turnips
- Turnip greens



FOOD Guide PYRAMID

for Young Children

A Daily Guide for
2- to 6-Year-Olds



EAT a variety of **FOODS** AND **ENJOY!**

Bon Appetit!!!