

Navigating Nutrition: A Parent's Handbook to Micronutrients



Why is Nutrition So Important During Childhood?



- Supports growth & development
- Promotes brain health
- Strengthens the immune system
- Encourages healthy eating habits



Vitamins are small nutrients that our body needs to carry out various functions.

Vitamins

Vitamin	Roles/Function	Food Sources
Vitamin A	Vision, immune function, growth	Carrots, spinach, eggs, salmon
Vitamin C	Wound healing, iron absorption	Oranges, broccoli, strawberries
Vitamin D	Bone health, nerve function	Egg yolks, yogurt, fish
Vitamin E	Immune support, metabolism	Almonds, spinach, kiwi
Vitamin K	Bone strength, blood clotting	Leafy greens, vegetable oil, turnip
Folate (Vitamin B9)	Brain health, growth	Spinach, asparagus, brussel sprouts
Vitamin B12	Nerve health, red blood cells	Salmon, eggs, ground beef

Minerals

Minerals are other small nutrients that are also important for many bodily functions.



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Minerals

Mineral	Roles/Function	Food Sources
Calcium	Strong bones, nerve health	Milk, tofu, cheese 
Iron	Red blood cells, brain development	Beef, beans, spinach 
Magnesium	Enzyme support, energy	Pumpkin seeds, broccoli, almonds 
Potassium	Muscle movement, hydration	Bananas, lentils, squash 
Zinc	Immune function, growth	Oysters, pork, lentils, pumpkin seeds 

Easy Meal Ideas for Picky Eaters

Breakfast: Peanut butter & banana toast with milk

Snack: Fruit and yogurt

Lunch: Stir-fried chicken & noodles

Dinner: Beef & veggie quesadilla

Snack: Crackers and cheddar cheese



Consult with your Pediatrician and Registered Dietitian to determine the individual needs of your child.

**Children 6 months old and under require [breast milk](#) or [formula](#) exclusively and daily vitamin D supplementation. Solid foods can typically start at 6 months, and breast milk or formula may be continued in conjunction with solid foods.

