What Nutrients Do Kids Need?

A Parent's Guide to Protein, Fibre, Calcium, Probiotics and More

DID YOU KNOW?

Children need more calories, protein, and micronutrients per pound of body weight than adults to support healthy growth and development.

PROTEIN
FOR GROWTH & REPAIR

It helps to build and repair body tissues including our muscles and organs.



1 Chicken thigh 24g



½ cup of Chickpeas 24g



1 Egg 6g



1 tbsp Peanut butter 6g

Recommended:

1-3 year old: 13g/day
4-8 year old: 19g/day
9-13 year old: 34g/day

CARBOHYDRATES + HEALTHY FATS
FOR ENERGY & GROWTH

Carbohydrates provide essential energy for children, so prioritize:

- Whole grains
- Fruits
- Vegetables
- Legumes

While limiting added sugars and highly processed snacks.

Healthy unsaturated fats provide energy, support brain development, and help the body absorb vitamins.



FIBRE
FOR DIGESTION & REGULARITY

Fibre is an important nutrient that helps:



1 Apple 4g



½ cup Raspberries 5g



1 slice Whole wheat bread 3g

- Prevent constipation
- Support gut health
- Promote fullness
- Regulate blood sugar and energy levels

CALCIUM + VITAMIN D
FOR GROWING BONES & TEETH

Both work together to support strong bones and teeth. Calcium builds their structure, while Vitamin D helps the body absorb calcium.









Calcium-rich foods:

- Dairy products
- Fortified soy & oat milk
- Canned fish
- Tofu with calcium

IRON
FOR GROWTH, DEVELOPMENT & ENERGY

Iron is an essential mineral that helps carry oxygen throughout the body and supports healthy brain development.

- Lean red meats
- Tofu, beans and lentils
- Iron fortified breakfast cereals, breads and pastas
- Dark green vegetables



Pairing iron-rich foods with **Vitamin C** can increase absorbtion!

PROBIOTICS
FOR A HEALTHY GUT

Common benefits of some probiotics for kids may include:

- Reduce the risk of antibiotic induced diarrhea
- Bowel regularity
- Help reduce symptoms in childhood eczema
- Improving infant colic symptoms



For the complete article, visit: https://cdhf.ca/en/what-nutrients-do-kids-need-a-parents-guide-to-protein-fibre-calcium-probiotics-and-more/

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