

HEALTHY EATING

Children need healthy food because their bodies require nutrients to grow. A child who is given healthy foods will receive a lifetime bonus of a stronger mind and body.



Here are important nutrients to look out for when planning healthy meals:

Calcium

- Vital for Strong Bones!
- Foods can include milk, cheese, yogurt, green leafy vegetables, and bony fish!

Vitamin C

- Supports the Immune System
- Sources can include citrus fruits, strawberries, and broccoli!

B Vitamin

- Work together to convert food we eat into energy and provide support kids need to stay active.
- Good sources can be found in whole grains, poultry, and eggs.

Iodine

- Mineral required for normal brain development, concentration, and learning ability, making it crucial to support young brains.
- Good sources of Iodine can be found in seafood and fortified bread.

Zinc

- Normal for growth development, concentration, and learning ability, making it crucial to support young brains.
- Good sources include seafood, meat, and beans.