



# Wings

A Weekly Newsletter for Families

May: Week 1  
**Nutrition**

“Life is a combination of magic  
and pasta.”  
- Federico Fellini

## Minerals for Growing Bodies

In addition to key vitamins (A, B2, B3, B6, B12, C and D), your child needs minerals to grow strong and healthy.

- Calcium helps build strong bones. Good sources are milk, cheese, yogurt, tofu and calcium-fortified orange juice.
- Iron builds muscle and is essential to healthy red blood cells. Beef and other red meats, turkey, pork, spinach, beans and prunes are good sources of iron.
- Zinc is needed by more than 70 enzymes that help digestion and metabolism. Find zinc in beef, dry roasted almonds, yogurt, ricotta cheese, lentils and milk.
- Essential fatty acids help build cells, regulate the nervous system and build the immune system. They're necessary for healthy brain function and vision. Omega-3 fatty acids are the most commonly known and can be found in flaxseeds, walnuts, fortified eggs, tofu, soybeans and salmon.



## •• INFANT Inspiration

Reduce Spitting - It's normal for infants to spit up during feedings - but you may be able to reduce it.

- Make feeding time calm and quiet.
- Burp your bottle-fed baby every three to five minutes.
- Avoid feeding while your infant is lying down.
- Keep the baby's head higher than their stomach.
- Don't play too much with the baby right after feeding.

## •• TODDLER Tales

Toddler Serving Sizes - Each day, a child between the ages of 1 and 3 needs about 40 calories for every inch of height. An average toddler-sized meal includes:

- 1 ounce of meat, or 2-3 tablespoons of beans
- 1-2 tablespoons of vegetables
- 1-2 tablespoons of fruit
- One-fourth slice of bread

## •• PRESCHOOL Power

The Right Fats - Healthy fats are critical for growth and brain development. Serve healthy fats found in whole milk, coconut oil or salmon - instead of saturated fats common in pizza, French fries and processed meats. Avoid foods that list "partially hydrogenated oils" or "vegetable shortening" on the label.

