



# Wings

A Weekly Newsletter for Families

April: Week 1  
**Nutrition**

“Just imagine how much easier our lives would be if we were born with a ‘user guide or owner’s manual’ which could tell us what to eat and how to live healthy.” – Erika M. Szabo

## Helping Young Bodies Grow Strong

According to webmd.com, the top vitamins growing kids need are:

- Vitamin A promotes normal growth and development; tissue and bone repair; and healthy skin, eyes and immune responses. Good sources include milk, cheese, eggs and yellow-to-orange vegetables like carrots and yams.
- Vitamins B2, B3, B6 and B12 aid metabolism, energy production, and healthy circulatory and nervous systems. You can find them in meat, chicken, fish, nuts, eggs, milk and beans.
- Vitamin C promotes healthy muscles, connective tissue and skin. Good sources are citrus fruit, strawberries, tomatoes and green vegetables.
- Vitamin D promotes bone and tooth formation and helps the body absorb calcium. Vitamin D is found in milk and fatty fish like salmon – but the best source is sunlight.



Ideally, children’s vitamin needs are met through a healthy, balanced diet. But it’s a good idea to talk to your doctor about whether your child needs a daily multivitamin or mineral supplement.

To learn about other nutrients that help kids grow, check out [http://www.babycenter.com/0\\_10-nutrients-that-every-child-needs\\_1201019.bc](http://www.babycenter.com/0_10-nutrients-that-every-child-needs_1201019.bc).

## •• INFANT Inspiration

*Early Nutritional Needs* – Breast milk contains many vitamins and minerals newborns need. However, doctors recommend that breastfed babies start getting vitamin D supplements during the first two months. While commercially prepared infant formulas try to duplicate mother’s milk, they can’t provide a baby with the added protection against infection and illness that breastmilk does.

## •• TODDLER Tales

*Up the Iron Intake* – If children don’t get enough iron, it can affect their development and lead to anemia. Increase the iron-rich foods in your toddler’s diet, like meat, poultry, fish, beans and iron-fortified foods. Serve iron-fortified cereal until your child is 18-24 months old, and limit milk to 16-24 full ounces.

## •• PRESCHOOL Power

*Add New Nutrients* – Magnesium and potassium are crucial for good health and development. For kids aged 1 to 3 years, aim for an average of 80 milligrams of magnesium a day from nut butters, black beans, leafy green vegetables and bread made with whole grain wheat flour. Kids need about 3,000 milligrams of potassium each day from bananas, melons, lima beans and many other foods.

