

ABC OF ESSENTIAL VITAMINS FOR KIDS



Vitamin	Purpose	What foods have it?
 <p>VITAMIN A</p>	Supports the Immune system, vision (especially in dim light) and it is important for healthy skin	 <p>Yellow and orange foods like carrots.</p>
 <p>VITAMIN B5</p>	Important for bodies to properly use carbohydrates, proteins, and lipids and for healthy skin.	 <p>Fish, shellfish, milk products, eggs, avocados, legumes, mushrooms, and sweet potatoes.</p>
 <p>VITAMIN B6</p>	The body needs vitamin B6 for more than 100 enzyme reactions involved in metabolism. Vitamin B6 is also involved in brain development during pregnancy and infancy as well as immune function.	 <p>Poultry, fish, and organ meats, all rich in vitamin B6. Potatoes and other starchy vegetables, which are some of the major sources of vitamin B6 for Americans. Fruit (other than citrus), which are also among the major sources of vitamin B6 for Americans.</p>
 <p>VITAMIN B12</p>	Plays a vital role in the normal functioning of the brain and the nervous system and in the formation of red blood cells. It also helps to regulate and synthesize DNA. By helping the human body to absorb folic acid, it facilitates the release of energy	 <p>Naturally found in animal products, does not typically occur in plant based foods. Meat and poultry Fish Dairy products such as milk and cheese Some nutritional yeast products Eggs</p>
 <p>VITAMIN C</p>	Important for a child's general health and their immune system. It can also help their body absorb iron.	 <p>Citrus fruits</p>
 <p>VITAMIN D</p>	Essential for the development of bones, teeth, skin, and to support the immune system. Chronic deficiency can lead to Rickets.	 <p>Milk, Dairy and The SUN!</p>
 <p>VITAMIN E</p>	Boosts the immune system and helps the body fight germs. Also promotes blood flow and helps cells work together to perform many body functions.	 <p>Nuts, avocados, pumpkin</p>

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 FOLIC ACID F	It is necessary for growth and repair of every cell in the body. This includes red blood cells, hair, skin, and nails.	 Broccoli, brussels sprouts, cabbage, eggs.
 IODINE I	Important for the production of thyroid hormone and bone and brain development. Deficiency can lead to development problems of the brain and nervous system.	 Fish (such as cod and tuna), seaweed, shrimp, and other seafood, which are generally rich in iodine.
 PANTOTHETIC ACID P	Important for bodies to properly use carbohydrates, proteins, and lipids and for healthy skin.	 Fish, shellfish, milk products, eggs, avocados, legumes, mushrooms, and sweet potatoes.
 ZINC Z	It helps support the immune system, DNA and help in normal growth and development. Deficiency can lead to slow growth, can cause hair loss, diarrhea, eye and skin sores and loss of appetite.	 Oysters, which are the best source of zinc. Red meat, poultry, seafood such as crab and lobsters.