



# Vitamins & Minerals

**A** **Eyes Like A.** Vitamin A is very important for good vision. Carrots, apricots, broccoli and sweet potatoes are great sources of Vitamin A.

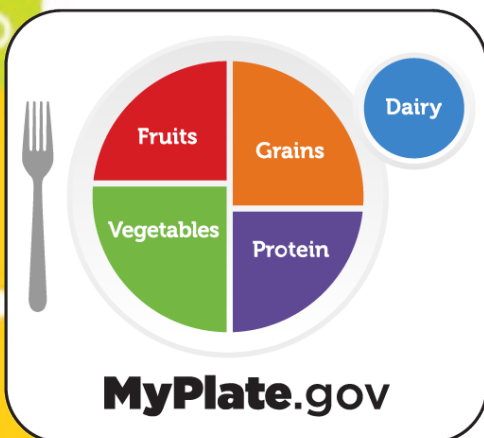
**B** **Beef Up on B Vitamins.** B vitamins help build healthy red blood cells and produce energy. Avocados, broccoli, chicken, lean meat, fish, nuts and beans are good sources of B vitamins.

**C** **See the Benefits with C.** Vitamin C boosts the immune system and helps to keep skin and hair healthy. Great sources of vitamin C include citrus fruits, mangoes, strawberries, tomatoes, cauliflower, and broccoli.

**Calcium Builds Strong Teeth and Bones.** Calcium is essential for healthy living and the best source is milk. Until the age of two a child should drink whole milk after this age switch to 2% or skim milk. Lactose intolerant people can consume calcium-rich foods like Calcium-fortified soy products, cereals, and orange juice.

**D** **Definitely Get D daily.** This vitamin helps the body absorb calcium. Sources of vitamin D include eggs, fish and milk.

**E** **Stay Young with Vitamin E.** Vitamin E acts like an antioxidant protecting the body from many diseases and cancers. It also protects eyes, skin and lungs from air pollution. Good sources of E are beans, nuts, vegetable oil and whole-grain bread.



**I** **Iron is Essential.** Iron forms an important part of red blood cells and ensures oxygen is delivered to all parts of the body. Your child needs plenty of iron-rich foods to have a healthy body. These foods include avocados, chicken, dry beans, meat and spinach.

**K** **Kickin' with K.** Vitamin K helps the body make proteins that are important for blood to clot. Sources of vitamin K include broccoli, cauliflower, egg yolks, green peas and tomatoes.

**Z** **Z is for Zinc.** Studies show zinc may improve memory and cognitive performance, especially in boys. Liver is an excellent source of zinc. Good sources include shiitake mushrooms, spinach, asparagus, green peas, and pumpkin & sesame seeds.