

Navigating Kids' Nutrition

Advice from Elizabeth Somer, R.D.

KEY VITAMINS AND NUTRIENTS FOR KIDS



Vitamin D

Helps the body absorb calcium, leading to strong bones and teeth.



Vitamin E

Supports healthy blood flow, which benefits both vision and heart health.



Vitamin C

Helps maintain a healthy immune system and supports the healing process.



Vitamin A

Supports normal vision, the immune system and maintaining healthy organ function.



Lutein

Acts as an antioxidant in the eye and filters UV rays, helping to maintain healthy cells.



Omega-3s DHA and EPA

These essential fatty acids support brain development and heart and eye health.

REACHING NUTRITION RECOMMENDATIONS THROUGH FOOD

"It is quite hard to get all essential vitamins and nutrients from food alone, especially if you have picky eaters at home."

-ELIZABETH SOMER, R.D.

Recommended intake of vitamin D for a child 4-8 years is 600 IU.



1 8oz glass of vitamin D fortified milk contains 115 IU, or 19% of the recommendation.

Recommended intake of vitamin E for a child 4-8 years is 7 mg (11 IU).



2 tablespoons of peanut butter contain 1.9 mg (2.8 IU), or 27% of the recommendation.

Recommended intake of Vitamin A for a child 4-8 years is 400 mcg.



1 baby carrot contains 69 mcg, or 17% of the recommendation.

Recommendations based on the Dietary Reference Intakes from the Institute of Medicine.

CHILDREN ARE FALLING SHORT ON CERTAIN NUTRIENTS

The average 2-11 year old is not getting adequate levels of vitamin D, vitamin E, vitamin A or omega-3 fatty acids according to the 2010 National Health and Nutrition Examination Survey (NHANES).

ACCORDING TO RESEARCH PUBLISHED IN THE JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS IN JANUARY 2014:

100%

of children 2-8 years have suboptimal intakes of vitamin D when relying on diet alone.

70%

of children 2-8 years have suboptimal intakes of vitamin E when relying on diet alone.

25%

of children 2-8 years have suboptimal intakes of vitamin A when relying on diet alone.

This data excludes fortified foods and supplements.

A GUIDE TO PURCHASING NUTRITIONAL SUPPLEMENTS FOR KIDS:

"A moderate-dose, broad-range multivitamin and mineral designed for children can help fill the nutritional gaps on days kids don't eat perfectly. If your children turn up their noses at foods like salmon, you might also consider an omega-3 supplement."

-ELIZABETH SOMER, R.D.

TIP 1: Some products are specifically formulated for certain ages - check the label for this information.

TIP 2: Some products will list the recommended dose by age. Make sure to follow the dosing recommendations.



TIP 3: Keep in mind that the FDA's Percent Daily Values are used for nutritional supplement labeling.

Please consult your child's pediatrician before starting any supplement regimen.

For more information visit vitaminsinmotion.com