

[IMAGE]

## Five Nutrients Your Kids Need

When it comes to nutrition, kids need the most variety in order to ensure they grow properly. There are many vitamins out in the market, but what exactly do kids need to be focused on getting when it comes not only to their nutrients but also their food? Let's take a look at some of the most essential vitamins kids need, the top five are as follows:

According to nutrition researchers, children should be getting adequate amount of the following:'

- Vitamin A - This vitamin helps 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, yams, and squash.
- Vitamin Bs. The family of B vitamins -- B2, B3, B6, and B12 -- aid metabolism, energy production, and healthy circulatory and nervous systems. Good sources include meat, chicken, fish, nuts, eggs, milk, cheese, beans, and soybeans.
- Vitamin C promotes healthy muscles, connective tissue, and skin. Good sources include citrus fruit, strawberries, kiwi, tomatoes, and green vegetables like broccoli.
- Vitamin D promotes bone and tooth formation and helps the body absorb calcium. Good sources include milk and other fortified dairy products, egg yolks, and fish oil. The best source of vitamin D doesn't come from the diet -- it's sunlight.
- Calcium helps build strong bones as a child grows. Good sources include milk, cheese, yogurt, tofu, and calcium-fortified orange juice.

If your child is not getting much of these, talk to your doctor about good supplements or how you can start to incorporate these into your child's diet.

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