

The Right Vitamins and Minerals for Kids

Vitamins	Benefits	Top Sources
A	<ul style="list-style-type: none">• Supports growth• Supports immunity	Leafy green vegetables, milk, eggs, mango, beef liver
B	<ul style="list-style-type: none">• Maintains skin health• Strengthens nerves	Broccoli, peas, leafy green vegetables
C	<ul style="list-style-type: none">• Supports immune health• Supports skin health	Citrus, tomatoes, strawberries, white potatoes
D	<ul style="list-style-type: none">• Prevents bone conditions• Improves mood	Salmon, tuna fish, sardines, orange juice with vitamin D
E	<ul style="list-style-type: none">• Antioxidant• Supports blood health	Almonds, peanut butter, pumpkin, spinach

Minerals	Benefits	Top Sources
Zinc	<ul style="list-style-type: none">• Supports wound healing• Enhances immune function	Meat, fish, avocados, blackberries
Iron	<ul style="list-style-type: none">• Supports energy levels• Improves hemoglobin function	Meat, poultry
Iodine	<ul style="list-style-type: none">• Regulates growth• Supports metabolism	Fish, chicken, eggs, milk, cheese, yogurt