

# Nine Essential Nutrients For Your Growing Child

## Essential Fatty Acids

Necessary for Brain Function.

*walnuts-black &  
kidney beans-winter  
squash-fish-eggs-olive  
oil-broccoli-spinach*

## Folate

Supports Healthy Growth and  
DNA Synthesis.

*kale-chickpeas-pinto  
beans-spinach  
asparagus-avocado  
beets-broccoli*

## Iron

Helps Supply Oxygen to the Body.  
Important for Cognition.

*tofu-beef-lentils-  
spinach-black  
beans-raisins-  
pistachios-broccoli*

## Zinc

Aids Metabolism and is  
Necessary for Growth.

*almonds-beef-lamb-  
chickpeas-cashews-  
pumpkin seeds-yogurt-  
spinach-turkey-peas*

## Protein

Helps Grow and Maintain Organs,  
Muscles, Blood, and Bones.

*eggs-nuts-beans-  
chicken-cheese-broccoli  
beef-fish-quinoa-  
okra-lentil-yogurt*

## Calcium

Promotes Healthy Nerve, Bone,  
and Muscle Function.

*spinach-kale-okra-  
collard greens-white  
beans-fortified cereals-  
cheese-cow and nut  
milk-yogurt*

## Iodine

Regulates Hormones and  
Supports Cognition

*cranberries-yogurt-  
navy beans ~  
strawberries-potatoes-  
eggs-fish-shrimp-  
turkey-*

## Choline

Increases Memory Capacity and  
Facilitates Learning

*eggs-peanuts-brown  
rice-beets-spinach-  
shrimp- chicken-fish-  
collard greens-broccoli-  
mushrooms-beef*

## Magnesium

Helps Improve Memory, Focus,  
and Nerve Function.

*swiss chard-  
spinach-banana-  
pumpkin & sunflower  
seeds-avocado-  
almonds-oatmeal-corn*