

Green  Kiddie

## Nutrition Guide

# Vitamins - Part 1

Vitamin	Function	Best Food Source
<b>Vitamin A</b>	It helps maintain the health of skin and mucus linings (in the nose for example); helps strengthen immunity from infections; helps vision in dim light.	Cheese, eggs, oily fish, milk, liver and yoghurt
<b>Beta-carotene</b>	Beta-carotene is turned into vitamin A in the body and, therefore, can perform the same functions in the body as vitamin A. It is an antioxidant.	Yellow and green (leafy) vegetables such as spinach, carrots and red peppers, and yellow fruit such as mango, melon and apricots
<b>Vitamin B1 (thiamine)</b>	It works with other B-group vitamins to help break down and release energy from the food we eat; helps keep nerves and muscle tissue healthy; reduces stress.	Pork, vegetables, milk, cheese, peas, fresh and dried fruit, eggs, wholegrain breads and some fortified breakfast cereals
<b>Biotin</b>	Aids metabolism of fats and proteins; maintains healthy skin, scalp and hair; it helps the body turn the food we eat into energy.	Meat such as kidney, eggs and some fruit and vegetables, especially dried mixed fruit
<b>Vitamin B2 (riboflavin)</b>	It helps keep skin, eyes, the nervous system and mucous membranes healthy; helps produce red blood cells; may help the body absorb iron from the food we eat.	Milk, eggs, fortified breakfast cereals, rice and mushrooms

# Vitamins - Part 2

Vitamin	Function	Best Food Source
<b>Vitamin B3 (Niacin)</b>	It helps produce energy from the foods we eat; helps keep both the nervous and digestive system healthy; it is essential for sex hormones, thyroid hormone, and insulin, cortisone and glucose tolerance.	Beef, pork, chicken, wheat flour, maize flour, eggs and milk
<b>Vitamin B5 (Pantothenic acid)</b>	Vital for the adrenal glands; helps manufacture antibodies; it works in the body to help release energy from the food we eat.	Chicken, beef, potatoes, porridge, tomatoes, kidney, eggs, broccoli and whole grains such as brown rice and wholemeal bread
<b>Vitamin B6</b>	It allows the body to use and store energy from the protein and carbohydrates found in the foods we eat; helps haemoglobin to form (the substance that carries oxygen around the body).	Pork, chicken, turkey, cod, bread, whole cereals (such as oatmeal, wheatgerm and rice), eggs, vegetables, soya beans, peanuts, milk, potatoes and some fortified breakfast cereals
<b>Vitamin B12</b>	Promotes growth; improves concentration; helps make red blood cells and keeps the nervous system healthy; helps release energy from the food we eat; is needed to process folic acid.	It is found in virtually all meat products and certain algae such as seaweed. Good sources include meat, salmon, cod, milk, cheese, eggs, yeast extract, and some fortified breakfast cereals

# Vitamins - Part 3

Vitamin	Function	Best Food Source
<b>Folic acid</b>	Necessary to help the body use proteins and carbohydrates; forms antibodies; wards off anaemia; works together with vitamin B12 to form healthy red blood cells; helps reduce the risk of neural tube defects such as spina bifida in unborn babies.	Broccoli, Brussels sprouts, asparagus, peas, chickpeas and brown rice
<b>Vitamin C (ascorbic acid)</b>	Healthy immune system; anti-viral; anti-bacterial; boosts formation of skin, bone, it helps protect cells and keeps them healthy; helps the body absorb iron from food.	Peppers, broccoli, Brussels sprouts, sweet potatoes, oranges and kiwi fruit
<b>Vitamin D</b>	It helps regulate the amount of calcium and phosphate in the body, and calcium and phosphate are needed to help keep bones and teeth healthy.	Oily fish, eggs, butter and milk
<b>Vitamin E</b>	It helps protect cell membranes by acting as an antioxidant.	The richest sources are plant oils such as soya, corn and olive oil. Other good sources include nuts and seeds, and wheatgerm
<b>Vitamin K</b>	It's needed for blood clotting, which means it helps wounds heal properly. It is also needed to help build strong bones.	Green leafy vegetables such as broccoli and spinach, and in vegetable oils and cereals. Small amounts can also be found in meat (such as pork), and dairy foods (such as cheese)

# Minerals - Part 1

Mineral	Function	Best Food Source
<b>Calcium</b>	It helps build strong bones and teeth; regulates muscle contraction, including the heartbeat; makes sure blood clots normally	Milk, cheese and other dairy foods, green leafy vegetables (such as broccoli, cabbage and okra, but not spinach), soya beans, tofu, soya drinks with added calcium, nuts, bread and anything made with fortified flour, and fish where you eat the bones, such as sardines and pilchards
<b>Phosphorus</b>	It helps build strong bones and teeth; helps release the energy from the food we eat	Red meat, dairy foods, fish, poultry, bread, rice and oats
<b>Zinc</b>	It is needed for growth, as it helps make new cells and enzymes; helps us process the carbohydrate, fat and protein in the food we eat; helps with the healing of wounds.	Meat, shellfish, milk and dairy foods such as cheese, bread, and cereal products such as wheatgerm

# Minerals - Part 2

Mineral	Function	Best Food Source
<b>Magnesium</b>	It helps turn the food we eat into energy; helps make sure the parathyroid glands work normally. The parathyroid glands produce hormones important for bone health	Green leafy vegetables (such as spinach) and nuts. Good sources include bread, fish, meat and dairy foods
<b>Potassium</b>	Controls the balance of fluids in the body; may also help lower blood pressure.	Fruits (such as bananas), vegetables, pulses, nuts and seeds, milk, fish, shellfish, beef, chicken, turkey and bread
<b>Iron</b>	It helps make red blood cells, which carry oxygen around the body. Eating food containing lots of vitamin C at the same time as you eat food containing iron from non-meat sources might help the body absorb the iron.	Liver, meat, beans, nuts, dried fruit (such as dried apricots), whole grains (such as brown rice), fortified breakfast cereals, soybean flour and most dark green leafy vegetables (such as watercress and curly kale). Some people think that spinach is a good source of iron, but spinach contains a substance that makes it harder for the body to absorb the iron from it.
<b>Selenium</b>	It plays an important role in our immune system's function, in thyroid hormone metabolism and in reproduction. It is also part of the body's antioxidant defence system, preventing damage to cells and tissues.	Wheatgerm, brazil nuts, bread, fish, meat and eggs

# Minerals - Part 3

Mineral	Function	Best Food Source
<b>Fluoride</b>	It contributes to the formation of strong teeth; increases resistance to tooth decay.	It's in all animals and plants and in water. Very small amounts are also in the air we breathe
<b>Copper</b>	It helps produce red and white blood cells and triggers the release of iron to form haemoglobin - the substance that carries oxygen around the body; it is thought to be important for infant growth, brain development, the immune system and for strong bones.	Nuts, shellfish and offal
<b>Iodine</b>	It helps make the thyroid hormones. These hormones help keep cells and the metabolic rate healthy	Sea fish and shellfish

# Reference Nutrient intakes for Vitamins

	0-3 months	4-6 months	7-9 months	10-12 months	1-3 years
Thiamine mg/d	0.2	0.2	0.2	0.3	0.5
Riboflavin mg/d	0.4	0.4	0.4	0.4	0.6
Niacin mg/d	3	3	4	5	8
Vitamin B6 mg/d	2	0.2	0.3	0.4	0.7
Vitamin B12 ug/d	0.3	0.3	0.4	0.4	0.5
Folate ug/d	50	50	50	50	70
Vitamin C mg/d	25	25	25	25	30
Vitamin A ug/d	350	350	350	350	400
Vitamin D ug/d	8.5	8.5	7	7	7

# Reference Nutrient intakes for Minerals

	0-3 months	4-6 months	7-9 months	10-12 months	1-3 years
Calcium mg/d	525	525	525	525	350
Phosphorus mg/d	400	400	400	400	270
Magnesium mg/d	55	60	75	80	85
Sodium mg/d	210	280	320	350	500
Potassium mg/d	800	850	700	700	800
Chloride mg/d	320	400	500	500	800
Iron mg/d	1.7	4.3	7.8	7.8	6.9
Copper mg/d	0.2	0.3	0.3	0.3	0.4
Selenium ug/d	10	13	10	10	15
Iodine ug/d	50	60	60	60	70