



Where it's OK to play with your food!

Is your child missing these Nutrients?

By Lisa Lanzano, RD

There are 7 commonly missed nutrients in a child's diet.

1. Calcium
2. Iron
3. Riboflavin
4. Vitamin D
5. Vitamin A
6. Zinc
7. Vitamin B6

So, you ask, what can you do to make sure your child is getting these important nutrients?

First, remember that nourishment is something that occurs over many days, not just in a single meal or day. So hopefully this eases your mind when your child refuses to eat well every day. Malnourishment will not occur with a few poor meals or a couple days of poor nutrient intake.

Second, our philosophy is to enhance nutrition over time. Immediate and drastic changes often lead to frustration, refusal of foods and power struggles that can then lead to psychological instead of physiological associations with food. ***In short, emotional eating starts early in childhood when parents link food to rewards or punishment.*** It is best to let food serve its rightful place--as nourishment at meals and snacks, and instead, reward appropriately with attention, praise, and fun activities.

Here is a list of foods that supply rich amounts of these various nutrients. Add them to your child's diet more frequently, or increase the portion size served to help ensure your child gets enough for good health.

CALCIUM - Yogurt, milk, calcium-fortified plant milks (soy, rice, almond), sesame seeds, bok choy, okra, almonds, tofu (fortified), broccoli, fortified cereals.

IRON - Red meat, fortified cereals, legumes, pumpkin seeds, spinach, dried apricots, clams, potato with skin, egg yolk, wheat germ, millet, blackstrap molasses, raisins

RIBOFLAVIN (B2) – Dairy products, clams, eggs, wheat germ, fortified and whole grains, mushrooms, banana, dark greens, meat, poultry

VITAMIN D – Cod liver oil, egg yolk, milk, fish, butter

VITAMIN A – Liver, butter, fortified milk, alpha- & beta carotene are converted into Vitamin by the liver, eel, clams, oysters, cheese, egg yolk, cod liver oil,

ZINC – Shellfish, wheat germ, red meat, dark meat poultry, cheese, pecans, tahini, legumes, pumpkin seeds, sunflower seeds, pine nuts, whole grains

VITAMIN B6 – Oatmeal, chicken, potatoes, avocado, sunflower seeds, fish, wheat germs, pine nuts, whole grains.

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