



KEY NUTRIENTS FOR YOUNG CHILDREN

Growing children require a diet rich in a variety of nutrients to give them the best start in life. Check out our top nutrients for young children below and suggestions of some of the foods you can find these in.



Nutrients



Foods

Iron

(requirements for iron at this age are the same if not more than an adult male)

- Wound healing
- Irritability
- Energy
- Immune health

- Grass fed meats
- Green leafy veg (parsley is high)
- Apricots
- Sunflower + pumpkin seeds
- Pine nuts

Calcium

- Strong bones + teeth
- Nervous system support
- Muscle contraction

- Full fat dairy
- Tinned salmon (with bones)
- Green leafy veg (broccoli is high)
- Sesame seeds/tahini/almonds

Zinc

- Wound healing/skin health
- Brain development + moods
- Immune health
- Taste sensation/appetite

- Nuts/Seeds (sunflower + pumpkin)
- Beef/seafood
- Egg yolks

Omega 3/Good Fats

- Brain development
- Nervous system support
- Skin health

- Oily fish (salmon, trout, sardines)
- Flaxseeds
- Walnuts

Probiotics

- Gut health
- The gut is the second brain (happy hormones)
- Immune health (70% of immune system is in our digestive system)
- Skin health (protective against eczema, dermatitis)

- Sauerkraut
- Kefir (yoghurt/ milk)
- Tempeh (fermented tofu)
- Miso
- Kombucha
- Yoghurt