



Good Food for Kids

1. Calcium is needed for bone development and growth. It is found in milk, yogurt, fish with bones and some dark green vegetables, such as broccoli.
2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.
3. Carrots, spinach, and other fruits and vegetables are high in Vitamin A and Vitamin C. Vitamin A is important for good vision and healthy skin. Vitamin C keeps gums healthy and protects against infection.
4. Energy is important and comes from breads, rice, cereal, and pasta.
5. Choose healthy snacks, such as fruits, vegetables, dairy products, and nuts. They are more nutritious and better for children's teeth than sodas, chips, and sweets.
6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

English

These materials were developed by the Nutrition Education for New Americans project of the Department of Anthropology and Geography at Georgia State University, Atlanta, Georgia. Funded by the United States Department of Agriculture Food and Consumer Service. For more information call (404) 651-2542.

