



Good Food for Kids

子供に良い食品

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.

カルシウムは骨の発達と成長のために必要です。ミルク、ヨーグルト、骨付の魚、ブロッコリーなどの一部の緑黄色野菜に含まれています。

2. Iron helps the body produce energy. It is found in red meat, poultry, fish, and dried beans.

鉄分は体のエネルギー生産を助けます。鉄分は赤身の肉、家禽類、魚、および乾燥豆に豊富に含まれています。

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.

ニンジン、ホーレン草、その他の果物と野菜はビタミンAとビタミンCが豊富です。ビタミンAは明瞭な視覚と健康な皮膚に大切です。ビタミンCは歯茎を健康にし、感染から守ります。

4. Energy is important and comes from breads, rice, cereal, and pasta.

エネルギーは大切です。パン、米、シリアル、麺から作られます。

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.

果物、野菜、乳製品、ナッツなど健康的なスナックを選びましょう。こうした食品はソーダ、チップス、菓子に比べ、栄養が豊富で子供の歯にも良いです。

6. Daily physical activity is important for children so that their bodies will grow up strong and healthy.

子供が強く健やかに成長するには、日々の運動が大切です。

Japanese Language Version

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