

Nutrient	Function	Food Sources
Vitamin A Beta-carotene water soluble (pre-cursor for vitamin A)	Antioxidant; eye and skin health; aids in bone and teeth formation; fights infections	Vitamin A: cod liver oil, egg yolks, full fat dairy products, herring, mackerel Beta-carotene: dark green leafy veggies, yellow and orange fruits and veggies
Vitamin D	Improves absorption and utilization of calcium and phosphorus for bone formation	Cod liver oil; egg yolks and butter; salmon, sardines, herring; mushrooms; sunlight
Vitamin C	Water-soluble antioxidant; boosts immune system; help heals wounds, scar tissue, and fractures; strengthens blood vessels, aids in absorption of iron, reduces allergic response	Citrus fruits, rosehips, broccoli, cantaloupe, green peppers, strawberries, green leafy veggies, kiwi fruit, spinach, cabbage
Calcium	Primary nutrient for the growth of bones and teeth; proper blood clotting; regulates nerve, muscle and heart function	Yogurt, cheese, dark leafy greens, fish with bones, tofu, almonds, sesame seeds, chick-peas, broccoli
Magnesium	Needed for 300 body enzymes and for the breakdown of food into energy; assists in heart, nerve and muscle function; key nutrient for bone strength	Whole wheat; dark leafy greens; cashews, almonds, pumpkin seeds, bananas and apricots; millet; quinoa; brewer's yeast; avocado
Iron	Needed for red blood cell formation; linked with development delays, learning and behaviour problems when deficient	Dried fruits; seaweed; molasses; dark leafy greens; eggs; lean meats; kidney, lima and soy beans
Vitamin E	Fat-soluble antioxidant; protects cell membranes; helps prevent scarring; anti-clotting agent	Wheat germ, raw nuts and seeds, cold pressed oils, eggs, broccoli, carrots, dark leafy greens, olive oil, soy beans
Vitamin B <sub>1</sub> (thiamin)	Necessary for carbohydrate metabolism; maintains healthy nervous system, stabilizes appetite; stimulates growth and good muscle tone	Whole grains, oatmeal, legumes, brewer's yeast, meat, fish, poultry, egg yolks, nuts
Vitamin B <sub>2</sub> (riboflavin)	Energy metabolism; aids in formation of antibodies, healthy mucous membranes and skin	Whole grains, egg yolks, legumes, nuts, green leafy veggies, yogurt, fish
Vitamin B <sub>3</sub> (Niacinamide)	Necessary for synthesis of reproductive hormones, thyroid hormone, insulin, cortisone; nervous system and brain function; for energy metabolism; keeps blood fats in balance; maintains health of skin, tongue and digestive tract	Lean meat, poultry and fish; wheat germ, figs, dates, avocado, eggs, brewer's yeast, rice bran
Vitamin B <sub>5</sub> (panothenic acid)	Adrenal gland function, conversion of food to energy; makes antibodies; wound healing	Whole grains, nuts, green vegetables, chicken, egg yolks
Vitamin B <sub>6</sub> (pyridoxine hydrochloride)	Production of antibodies and red blood cells; co-enzyme for making neurotransmitters in the brain; needed for protein and fat metabolism	Poultry, meat, cantaloupe, cabbage, egg yolk, cold water fish, leeks, kale, whole grains, legumes, green leafy veggies
Folic Acid	Antibody formation, red cell production, protects against neural tube defects in pregnancy	Dark leafy green vegetables, apricots, avocado, cantaloupe
Vitamin B <sub>12</sub> (cyanobalamin)	Energy metabolism; improves concentration; healthy nervous system; promotes growth; needed for red blood cell formation	Liver, beef, pork, fish, shellfish, eggs, milk, cheese and dairy products, red star nutritional yeast

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