

5 nutrients and vitamins to be incorporated in the diet of a growing child

NUTRIENTS	IMPORTANCE	FOOD SOURCES
<i>Proteins</i>	<ul style="list-style-type: none"> • Muscle growth • Repair tissues and muscles 	<ul style="list-style-type: none"> • Fish • Nuts • lentils
<i>Iron</i>	<ul style="list-style-type: none"> • Brain function • Red blood cells production • Carry oxygen around body 	<ul style="list-style-type: none"> • Sea food • Dried beans • spinach
<i>Zinc</i>	<ul style="list-style-type: none"> • Growth • Wound healing • Boost immunity 	<ul style="list-style-type: none"> • Sea food • Tofu • seeds
<i>Calcium</i>	<ul style="list-style-type: none"> • Adequate mineralization and maintenance of growing bones 	<ul style="list-style-type: none"> • Milk • Cheese • yoghurt
<i>Vitamin D</i>	<ul style="list-style-type: none"> • Calcium absorption and deposition of calcium in bones 	<ul style="list-style-type: none"> • Sunlight • Fish liver oil • Vitamin d fortified milk