

Foods & Amounts for Children of Different Ages

FOOD GROUPS	RECOMMENDED NUMBER OF SERVINGS AND SERVING SIZE			
	CHILD 1-3	CHILD 4-6	CHILD 7-10	ADOLESCENT 11-18
Bread, Cereal, Rice, Pasta Group (Whole Grain or Enriched)	6 Servings	6-9 Servings	6-9 Servings	9-11 Servings
Bread	½ slice	1 slice	1 slice	1 slice
Cooked cereal, rice, pasta	1/4-1/3 cup	1/3-1/2 cup	½ cup	½ cup
Ready-to-eat	¼- ½ cup	½-¾ cup	1 cup	1 cup
*Vegetable Group	3 Servings	3-5 Servings	3-5 Servings	4-5 Servings
Chopped raw		½ cup	½ cup	½ cup
Leafy raw		1 cup	1 cup	1 cup
Cooked or pureed	¼ cup	½ cup	½ cup	½ cup
*Fruit Group	2 Servings	2-4 Servings	2-4 Servings	3-4 Servings
Raw (e.g., apple, banana)	¼	½	1	1
Raw, pieces (e.g., berries)	½ cup	¾ cup	¾ cup	1 cup
Cooked or pureed	¼ cup	½ cup	½ cup	½ cup
Juice	3 ounces	4 ounces	5 ounces	6 ounces
Milk Group	3 Servings	3 Servings	3 Servings	3 Servings
Milk, yogurt, pudding, custard	4-6 ounces	6 ounces	8 ounces	8 ounces
Cheese	¾ ounce	1 ounce	1 ½ ounces	1 ½ ounces
Meat, Poultry, Fish Group	2-3 Servings	2-3 Servings	2-3 Servings	3 Servings
Meat, poultry or fish	1 ounce	2 ounces	2 ounces	2-3 ounces
Eggs	1	2	2	2
Peanut butter	1 tablespoon	2 tablespoons	3 tablespoons	4 tablespoons
Dried beans, peas	1/3 cup	½ cup	1 cup	1 cup
Fats, Oils, Sweets	Calories from these sources should be limited, especially if excess weight gain is a concern.			

* Source of Vitamin A and Vitamin C should be consumed daily. Excellent Vitamin A sources: Yellow fruits: apricots, cantaloupe, mango, papaya; Dark green leafy or yellow vegetables: broccoli, chard, escarole, collards, spinach, carrots, sweet potato. Excellent Vitamin C sources: Fruits: orange (or juice), grapefruit (or juice), melon, berries; Vegetables: broccoli, tomatoes, raw cabbage, potatoes, peppers.

Ways to Help a Child Get Enough Fluids

Getting enough fluids every day is important for good health. Here are some ways you can help your child accept fluids. Try several to find what works best for your child.

Drink water with your child.

Offer small, frequent sips.

Offer fluids separate from meals.

Let your child use a straw or special cup.



WATCH FOR SIGNS OF DEHYDRATION:

- ◆ Thirst
- ◆ Loss of appetite
- ◆ Drowsiness
- ◆ Flushed skin
- ◆ Low fever
- ◆ Higher pulse rate
- ◆ Higher breathing rate

Offer foods that become liquid at room temperature, such as:

- ◆ Fruit ice
- ◆ Gelatin, fruit-flavored
- ◆ Ice cream
- ◆ Sherbet
- ◆ Fruit juice popsicles



Offer solid foods that are high in fluids, such as:

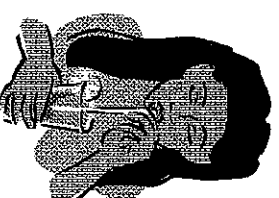
- ◆ Yogurt
- ◆ Cottage cheese
- ◆ Pudding
- ◆ Custard, junket
- ◆ Fruits and vegetables (canned, frozen, fresh, cooked or raw)
- ◆ Baby foods

Thicken liquid foods:

- ◆ Add crackers to soups and stews.
- ◆ Make a shake out of juice or milk by adding fruit and ice cream or frozen yogurt.

Use this chart to find out how much fluid your child needs each day:

BODY WEIGHT		TOTAL AMOUNT OF FLUIDS NEEDED IN 24 HOURS		
Pounds (lbs)	Kilograms (kg)	Ounces (oz)	Cups (c)	
7	3.2	16	2	
12	5.5	27	3½	
21	9.5	40	5	
26	11.8	48	6	
36	16.4	56	7	
44	20.0	64	8	
63	28.6	76	9½	
99	45.0	84	10½	
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Ways to Help a Child Who Has Difficulty Eating

Children whose feeding skills are still developing need lots of support learning how to eat. Even if they learn more slowly than other children do, the goal is still to help them learn to feed themselves. Be sure they are in the best position for eating (see *Feeding Positions*). Then use the ideas on this page to offer foods with textures they can chew and swallow. (Also, see *Choose What You Can Use: Easy-to-Chew Foods*.)

When your child handles food through sucking (as if drinking from a bottle), offer your child:

Thickened, pureed foods:

- ◆ cooked cereal
- ◆ applesauce
- ◆ yogurt

Soft, mashed foods:

- ◆ soft fruits such as scraped apple, banana, mango
- ◆ well-cooked, mashed vegetables, and beans,
- mashed tofu, soft-cooked scrambled eggs

When your child can move food to the sides of the mouth with his/her tongue and begins to show up-and-down chewing:

Start with ground foods:

- ◆ ground fruits and vegetables
- ◆ ground meat with gravy
- ◆ cut-up, cooked or soft fruits

Progress to chopped table foods:

- ◆ chopped meats and casseroles
- ◆ cut-up, cooked vegetables

When your child chews and moves food freely from side to side in the mouth, your child is ready for regular table foods.

Start with small pieces:

- ◆ Serve small portions so your child will feel successful.
- ◆ Try new foods one at a time so you know what your child can or cannot eat yet.

Make sure your child is in an upright position. This will:

- ◆ Help prevent choking.
- ◆ Allow free use of arms and hands for self-feeding.

Encourage your child to drink from a cup. This will:

- ◆ Prevent bottle-induced tooth decay.
- ◆ Reduce tongue thrust.
- ◆ Help your child eat more solid foods.

Encourage your child to feed him or herself:

- ◆ Modified utensils, plates, and cups are helpful.
- ◆ Your child will gain self-confidence.
- ◆ Eating will be more enjoyable for your child and your family.



Nutrition Supplements for Children

The following vitamin/mineral supplements are listed as examples of nutrition supplements recommended for different age groups. Based on your child's age and the purpose for the supplement, choose the one which seems to meet your child's need. Discuss your selection with your child's physician. In many cases, a store or generic brand of a vitamin and mineral supplement will be more economical and provide similar nutrients as a brand-name supplement. Read and compare the labels carefully.



INFANT (up to one year of age)

Usually infants do not need vitamin or mineral supplements if they are taking adequate quantities of breastmilk or iron-fortified infant formula, and solid foods are introduced as recommended. However, some physicians recommend supplements of vitamin D (such as a tri-vitamin). Fluoride supplements, commonly recommended for infants, are only available by prescription. Check with your physician if you think your baby needs a supplement. Supplements are usually available in drop form for infants.



TODDLER (1 to 4 years of age)

Older infants and toddlers often go through stages where they are "picky" eaters or have feeding difficulties. Sometimes these children benefit from taking a complete multiple vitamin and mineral supplement. There are many complete supplements available in chewable form that can also be crushed and added to a spoon feeding. Supplements should not contain more than 100% of the Daily Value (DV) for any one nutrient, and should include minerals like iron, zinc and copper as well as vitamins. Children ages 1 to 4 usually need only half of a tablet designed for older children, or can be given one tablet every other day.

Examples of this kind of supplement are:

- ◆ Flintstones®
- ◆ Centrum Junior®
- ◆ Bugs Bunny®
- ◆ Thrifty/RiteAid®
- ◆ Sesame Street®
- ◆ Lucky/Savon®

NOTE: Most of these brands of supplements come in several forms, such as vitamins only or vitamins with calcium or extra vitamin C. The best supplements are the complete versions, with minerals like iron, zinc and copper as well as vitamins.

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CHILD (4 to 11 years of age)

Most children's chewable tablets are designed to meet 100% of the Daily Value (DV) for this age group. Check to make sure that the supplement is the complete form, including minerals like iron, zinc and copper as well as vitamins. Examples of complete supplements for children this age are the same as for younger children (see the list on the reverse), but children ages 4 to 11 can take one tablet per day.



ADOLESCENT (12 to 18 years of age)

In adolescence, girls' and boys' nutrient requirements begin to be different, with girls needing additional iron and calcium compared to their other nutrient needs. Girls can take supplements designed for women, and boys can also take adult supplements. Although they are not the same size as adults, the nutrient needs of adolescents are higher in relation to their size because they are growing.

Examples of complete supplements for adolescents include:

- ◆ One-a-Day® with Minerals
- ◆ Centrum®

NOTE: A complete multi-vitamin and mineral supplement will not usually contain 100% of the calcium recommended at any age. Calcium is a bulky mineral (used for building bones) and cannot be compressed into a small pill. Calcium supplements, if needed, are usually sold separately in tablets of 250 to 500 mg apiece. TUMS®, a calcium-containing antacid, is a safe and inexpensive source of calcium, providing 135 mg per tablet.



Ways to Help a Child Try New Foods — for Children Who Eat Pureed Foods

Eating a variety of foods is one of the healthiest things you can do for your body. Yet many people, especially some children, tend to want to eat the same foods every day. You can help your child increase the variety of foods he or she eats in two ways: introducing a new food along with favorite foods, and hiding new foods in a favorite food.

Below are some suggested strategies for offering new foods to children who eat pureed foods. Not every strategy will work with every child or with every food. Try them and see what works for you and your child. Remember — don't give up with the first refusal! Try another strategy and/or try the same one a few days later.

Give new foods at the start of a meal.

Offer the new food at the start of a meal or snack when the child is the hungriest. At first, offer only 1 to 2 spoonfuls. Then offer a favorite food. At the next meal, offer more spoonfuls of the new food before the favorite food. Gradually increase the amount of the new food and decrease the preferred food.

Example: Offer one to two bites of peas, then feed a normal serving of carrots. After a few meals, the child may accept half a serving of peas and half of carrots.



Mix two foods together.

Try mixing two purees together, such as meat with a favorite vegetable. Even if the combination is not one that you like, your child may decide that she likes it. Start by mixing a very small amount of the new food with the preferred food.

Example: Mix 1 teaspoon of pureed chicken (a new food) with 2 ounces of squash (a favorite). Gradually increase the amount of chicken until the mixture is mostly chicken.

Introduce new liquids, too.

This same technique can be used to introduce a new liquid, even if a child initially refused the new liquid. Start with a small amount of the new liquid or flavor, and add it to the current liquid. Gradually increase the proportion of the new flavor to the preferred flavor until the mixture is mostly the new liquid.

Example: To wean a child off of formula, mix 1 ounce of whole milk with 6 to 8 ounces of formula. Next, try 2 ounces of milk and 4 to 6 ounces of formula. Continue until the child drinks all whole milk. This can also work to change to a new type of formula.

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Try new textures.

If your child prefers very smooth purees and will not accept lumpier foods, you can add thickeners to the purees to gradually alter the texture.

- ◆ Dry infant cereal is a nutritious and easy thickener. Simply add 1 to 3 tablespoons of dry cereal to 2 to 4 ounces of puree. (The mixture will become thin again after standing, so use it right away.)
- ◆ Commercial thickeners (such as Thick-it®) are more expensive but do not break down as quickly.
- ◆ Wheat germ is an easy, available and less expensive thickener. Added 1 teaspoon at a time to a puree, it will not break down and will give the puree a slightly coarser texture without producing actual lumps. After adding wheat germ gradually so that the food is quite thick, you can add lumps of soft-cooked vegetables or fruits.
- ◆ Oatmeal is another good food for adding texture. To introduce a child to lumpier textures, add small pieces of soft-cooked vegetables or fruits to fairly thick oatmeal.
- ◆ When you puree soup, save some original soup aside and then add it back to the pureed soup to add more texture but retain the same flavor.



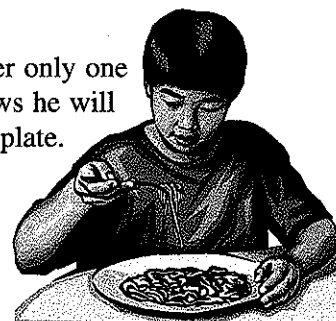
Ways to Help a Child Try New Foods— for Children Who Feed Themselves

Eating a variety of foods is one of the healthiest things you can do for your body. Yet many people, especially some children, tend to want to eat the same foods every day. You can help your child increase the variety of foods he or she eats in two ways: introducing a new food along with favorite foods, and hiding new foods in a favorite food.

Below are some ways to offer new foods to children who feed themselves. Not every strategy will work with every child or with every food. Try them and see what works for you and your child. Remember—don't give up with the first refusal! Try another strategy and/or try the same one a few days later.

Give new foods at the start of a meal.

Offer the new food at the start of a meal or snack when the child is hungriest. Offer only one new food at a meal, and serve it with several other familiar foods so the child knows he will not be hungry at the end of the meal. Put 1 to 2 bites of the new food on your child's plate. Offer more if he eats it all, but never force him to eat it.



Hide new foods in familiar foods.

For example, add very small pieces of a new vegetable to a favorite soup or stew, or grate vegetables into muffin batter. You can also do this with drinks, such as water in juice, diet soda in regular soda, or a new kind of juice with an old favorite. If your child notices the difference, make the addition even smaller, so that she almost can't taste the difference. Don't make your child's food different from the other family members'. Remember you are modeling for your child. If she is old enough to understand what the new food is, you can discuss the addition after she has learned to eat the food.

Be creative.

Prepare the new food creatively or in a new form. For example, make faces with raisins or banana slices on a slice of bread spread with peanut butter. Make a game out of eating the fruits and bread. Use dips for raw vegetables (ranch dressing is easy), or marinate the vegetables (Italian dressing is good for this).

Tell your child what you expect.

Tell your child your expectations for eating a new food. If you just want her to try one bite, let her know she will need to do that before eating the rest of the meal. Reward your child by giving lots of verbal encouragement and praise when she tries the new food (whether she liked it or not) but not necessarily for cleaning her plate. Model trying new foods for your child.



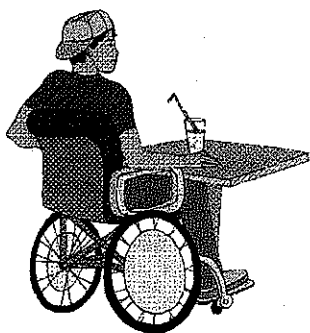
Be realistic.

Choose which foods are important for your child to learn to eat, and don't worry about all foods. Some children will never really "like" a food, but will learn to eat it with proper encouragement and positive reinforcement. Try a new food more than once, and at more than one age. As children (and adults) get older, their tastebuds change so that foods they once refused they may accept. Remember that the best example is your own good eating habits.



Ways to Help a Child Who Has Constipation

If your child is constipated, here are some ways you can help him or her get back to normal.



OFFER ENOUGH FLUIDS

It takes effort to get most children (and adults) to drink enough fluids each day. Try these tips:

- ◆ Offer at least two to four ounces ($\frac{1}{4}$ to $\frac{1}{2}$ cup) water between meals and snacks.
- ◆ When your child asks for food, offer water first.
- ◆ Let your child use a straw or special cup to make drinking fun.

ENCOURAGE ACTIVITY

Daily physical activity helps your child digest food and get rid of body wastes in a healthy way.

- ◆ Children can be active indoors or outdoors.
- ◆ Help your child move as much as he or she can.
- ◆ All forms of activity are helpful: crawl, walk, run, dance, jump, play active games, ride a tricycle.



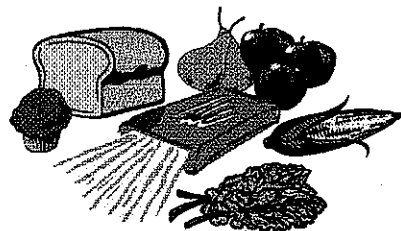
LIMIT MILK

Children who drink more than 32 ounces of milk develop constipation more often.

- ◆ Ask a doctor, nutritionist, or nurse how much milk your child needs. Most children need 16 to 24 ounces (2 to 3 cups) a day.
- ◆ Offer water or dilute juice instead of milk.

OFFER FOODS HIGH IN FIBER

- ◆ Offer one high-fiber food at every meal and snack (see box on reverse).



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CHOOSE WHAT YOU CAN USE

HIGH FIBER FOODS

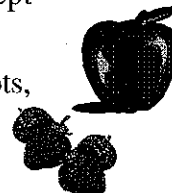
Vegetables

- ◆ Baked potato with skin
- ◆ Carrot, beet, turnip, jicama
- ◆ Leafy greens, bok choy
- ◆ Peas, corn, squash



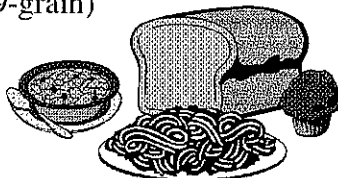
Fruits

- ◆ Apple with peel, pear, peach, berries
- ◆ Any other fresh fruit (except bananas)
- ◆ Dried fruit (prunes, apricots, raisins, figs, etc.)



Bread, Cereal, Rice & Pasta

- ◆ Breads, crackers and pasta made from whole grains (whole wheat, corn, rye, millet, oats, barley)
- ◆ Corn tortillas
- ◆ Brown rice, barley, bulgur wheat
- ◆ Bran cereals (All-Bran, Raisin Bran, Bran Chex)
- ◆ Hot cereals (oatmeal, 9-grain)
- ◆ Bran muffins
- ◆ Wheat germ (add to cereal)



Beans & Nuts

- ◆ Dried beans, cooked (garbanzos, pintos, kidney beans, black beans, split peas, lentils, etc.)
- ◆ Crunchy peanut butter
- ◆ Nuts and seeds (for younger children, grind nuts and seeds to prevent choking)



Ways to Help a Child Who Has Diarrhea

If your child has diarrhea, take the following steps to help your child return to a regular stool pattern. With ongoing diarrhea a child can become so malnourished that he or she is at risk for infection or illness. The goal is to have your child eat his or her usual diet as soon as possible.

ACUTE DIARRHEA

Follow these steps if your child has acute (sudden or short-term) diarrhea.

1. Offer your child plain water or other clear liquids such as broth, fruit juices (not orange juice), herb tea (no caffeine), popsicles or juice frozen into cubes. Then, add "rehydration" drinks. The most important thing is to replace the fluid your child has lost as well as some of the minerals (electrolytes) lost with the fluid. Even children who are sick to their stomach can keep down $\frac{1}{4}$ to $\frac{1}{2}$ cup of liquids every hour.

You can buy "rehydration" fluids for infants and children that will add back fluid and the right amount of electrolytes. Other clear liquids can help "rehydrate" older children and adults.

You can also make a homemade rehydration drink according to the recipe at right.

EXAMPLES OF REHYDRATION FLUIDS

Infants	Older Children & Adults	
◆ Pedialyte®	◆ Fruit juices	◆ Gatorade®
◆ Infalyte®	◆ Fruit drinks	◆ Tea
	◆ Jell-O water	◆ Rice water

RECIPE

REHYDRATION DRINK FOR BABIES

In 2 cups of boiled water, add 1 level teaspoon of sugar and $\frac{1}{4}$ teaspoon of salt. If available, add $\frac{1}{4}$ cup of fruit juice to the drink for flavoring. Give by bottle or cup at least four or five times a day.

2. After no more than two days, begin to add more foods that are high in fluid. Gradually add back other foods as tolerated (that is, diarrhea and vomiting do not start again).

Within a few more days the child should be back to a regular diet, including meats and dairy products, fresh fruits and vegetables, breads and other grains.

Note: If your child's diarrhea lasts two days or more, call your child's physician.



FOODS HIGH IN FLUIDS

	◆ Fruit ice	◆ Popsicles	◆ Yogurt
	◆ Gelatin	◆ Junket	◆ Baby foods
	◆ Ice cream	◆ Custards and puddings	◆ Fruits and vegetables
	◆ Sherbet		

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CHRONIC DIARRHEA

Children with chronic diarrhea are not sick, but continue to have loose, watery stools that can irritate their skin and are a bother to clean up. If this is the case, follow these steps first to see if the diarrhea will go away.



1. Give stomach and intestines a "rest" for 24 hours. That is, no food and only water or rehydration fluids to drink.
2. Follow the steps for acute diarrhea, described on the previous page.
3. If the diarrhea still continues, call your child's physician.

CAUSES OF DIARRHEA

Since diarrhea can often be prevented, it helps to understand some common causes of diarrhea.

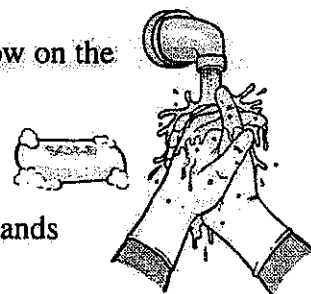
- ◆ Bacteria in formula or food.
- ◆ Viral or bacterial infections.
- ◆ Reactions to foods that contain something the body cannot digest (for example, the lactose in milk or protein in soy foods).
- ◆ Change in foods eaten.
- ◆ Nervous excitement.
- ◆ Some medications (often antibiotics cause loose stools for a short time).
- ◆ Some artificial sweeteners (for example, sorbitol or Nutrasweet®).
- ◆ Some inherited diseases (for example, cystic fibrosis).



PREVENTING DIARRHEA

Here are some things you can do to help your child not get diarrhea again.

- ◆ Serve 3 regular meals and 2 to 3 snacks every day.
- ◆ Limit juice and sweetened drinks to ½ cup (4 fluid ounces) a day.
- ◆ Defrost meat, poultry and fish in the refrigerator or using a microwave. Do not defrost meat at room temperature.
- ◆ As soon as you cook a food, eat it or put it in the refrigerator or freezer. Do not let cooked food remain at room temperature on the counter or stove.
- ◆ Immediately wash all knives, cutting boards and counters that have come in contact with raw meat, fish, or poultry. Use hot, soapy water.
- ◆ Replace an old cutting board if it has cuts and scratches as bacteria may grow on the surface.
- ◆ Put groceries away as soon as you get home from shopping.
- ◆ Wash children's hands before eating and after using the bathroom. After changing a baby, wash your hands with hot, soapy water. Wash the baby's hands too.
- ◆ Do not wash soiled diapers in a food preparation area.



Ways to Help a Child Who Has Anemia

Anemia means that your child's blood has too little iron. Iron helps blood carry oxygen to all parts of the body. Children with anemia sometimes have headaches, look pale, feel tired all the time, or do not feel like eating. They are not very interested in exploring things around them and may have trouble learning.

Anemia is common in young children, but it is serious and needs your attention. Here are some ways to help your child get more iron in the blood. Choose the ways that work best for you and your child.



Feed babies what they need:

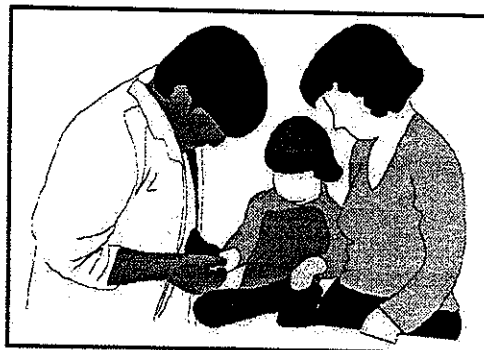
- ◆ Feed breastmilk or iron-fortified formula to babies younger than 12 months.
- ◆ Start feeding iron-fortified dry baby cereal (mixed with breastmilk or formula) when babies are older than 4 or 5 months.
- ◆ Start other high-iron foods (such as pureed meats, mashed beans, and tofu) when your baby is 7 to 8 months. Start ground meats when your baby is able to chew and swallow them.
- ◆ Ask your child's physician if your baby needs iron drops.

Limit milk for toddlers:

- ◆ If your child drinks more than 32 ounces of milk a day, try to cut back to 16 ounces. Children age 1 to 3 need 18 to 24 ounces of milk per day.
- ◆ Help your child older than 12 months drink milk from a cup, not a bottle.

Get a blood test for your child:

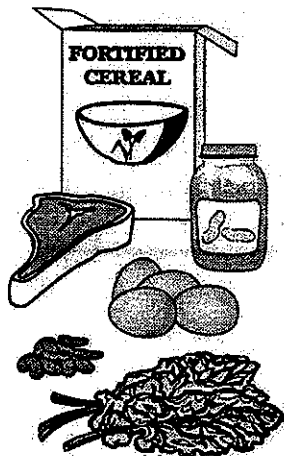
- ◆ Have your child's blood tested for iron every six months to a year.
- ◆ Have your child's blood tested for lead at ages one and two years, or whenever a physician recommends it.
- ◆ Ask your child's physician or go to the health department clinic for these tests.



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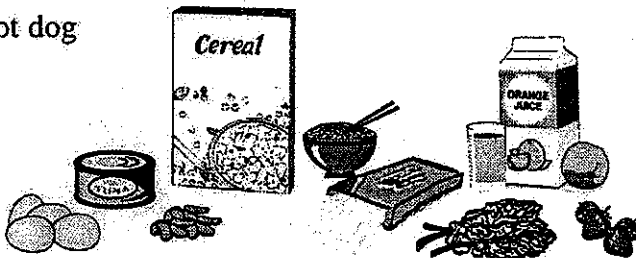
CHOOSE WHAT YOU CAN USE



Help children eat foods with iron at every meal:

- ◆ Foods at the top of the list have more iron than the foods lower on the list.
- ◆ Foods on the left have more iron than foods on the right.
- ◆ Offer your child a variety of these iron-rich foods at every meal.
- ◆ Eat foods with vitamin C (marked with an *) when eating foods high in iron.

IRON-RICH FOODS		
MORE IRON ←		→ LESS IRON
Meats & Protein Foods	Breads & Cereals	Fruits & Vegetables
<p>MORE IRON ↑</p> <ul style="list-style-type: none"> ◆ beef liver ◆ dried beans (kidney beans, black-eyed peas, lentils) ◆ chili con carne with beans ◆ pork, beef ◆ eggs ◆ peanut butter ◆ split pea soup ◆ tofu ◆ chicken, turkey, tuna ◆ hot dog <p>↓ LESS IRON</p>	<ul style="list-style-type: none"> ◆ fortified breakfast cereals ◆ iron-fortified baby cereal ◆ flour tortillas ◆ rice (brown or enriched white) ◆ oatmeal ◆ corn tortillas ◆ bread (whole wheat or enriched) ◆ noodles or pasta 	<ul style="list-style-type: none"> ◆ spinach* ◆ greens (collards, mustard, etc.) ◆ baked potato with skin* ◆ broccoli * ◆ prune juice or prunes ◆ watermelon ◆ cantaloupe, honeydew* ◆ strawberries* ◆ tomatoes or tomato juice* ◆ dates, raisins ◆ orange or orange juice*



Ways to Help a Child Taking Nutrition Supplements

Healthy children can get the nutrients they need by eating a variety of foods from all the food groups of the Food Guide Pyramid. All nutrients (and other, even unknown, components in foods) work together in a delicate balance to promote health. Taking individual supplements of specific vitamins or minerals can disturb this nutrient balance, causing more harm than good. Thus, giving children a supplement of a single nutrient, unless prescribed by a doctor, is not recommended.

Some children may need a nutrition supplement, however. Discuss any supplement with your child's physician. If your child takes a supplement, here are some ways you can help your child get the most from it.



If a physician has prescribed a supplement for your child:

- ◆ Follow the physician's instructions exactly.
- ◆ Make sure you know why, when, how, and for how long your child should get the supplement.
- ◆ If you have any questions about the supplement, be sure to ask the physician, pharmacist, dietitian or nurse.

If your child has trouble taking the supplement in the form provided (drops, pills, capsules):

- ◆ Drops can be added to a drink, as long as the child drinks all of the liquid. Drops containing fluoride should not be added to milk or formula.
- ◆ If your child cannot swallow a pill, crush it (by pressing it between two spoons) or cut it in half and mix it in a spoonful of applesauce or other soft food your child likes.
- ◆ Open capsules and mix the contents with a favorite food or drink. Make sure your child eats or drinks all of it.
- ◆ Most supplements are best taken with meals.



If you feel your child needs a supplement:

- ◆ Ask your physician or a registered dietitian to help you choose what is best for your child.
- ◆ Try to help your child eat a variety of foods to get the nutrients he or she needs.

If you want to give your child a supplement for extra "insurance":

- ◆ Buy only a complete supplement made for children, one that contains all the vitamins and minerals for which there is a known need. Examples are listed on *Choose What You Can Use: Dietary Supplements for Children*.
- ◆ Make sure it provides (but does not exceed) up to 100% of the Daily Value (% DV) for iron, zinc, copper, and most other nutrients.

