

natural sources of vitamins and minerals.

Vitamins & Minerals	Reason	Good sources	Baby (0-1)	Toddlers (1-3)	Preschool (4-8)	Pre-teen (8-12)	Teen (12 up)	Comments
Vitamin A	is good for normal growth and development, bone growth and tissue repair. It also boosts the immune system and promotes good vision and healthy skin	eggs, dairy, beef, liver, fish-liver oils, yellow vegetables, green vegetables, tomatoes, oranges, plums, peaches	✓	✓				for breast-fed babies / babies drinking less than 500mls formula from 6 months of age
Vitamin B complex	converts food to energy, develops red blood cells and fights infection. It is good for muscles, nerves, a strong heart and healthy skin and hair	lean meats, liver, chicken, fish, nuts, dairy products, eggs, beans, wholegrains, green leaf vegetables, sunflower seeds		✓		✓	✓	
Vitamin C	is an antioxidant and it helps absorb iron, grow bones and teeth, and promote healthy ligaments	citrus fruit, some berries, green leafy vegetables, potatoes, tomatoes, green peppers	✓	✓	✓	✓	✓	
Vitamin D	builds strong bones and teeth, and helps absorb calcium and other minerals	sunlight, oily fish, eggs, liver, dairy products	✓	✓				breast-fed babies
Vitamin E	protects cells and tissue which helps to build healthy muscles and red blood cells	wholegrains, seeds, nuts, green vegetables, eggs, vegetable oils					✓	
Vitamin K	helps clot the blood	green leafy vegetables, vegetable oil, eggs, dairy products, pork, liver	✓					babies are usually given a vitamin K injection when born
Calcium	promotes growth of bones, teeth and muscle, and improves nerve function, blood clotting and cell structure.	fish with small edible bones, dairy products, broccoli, fortified orange juice, spinach, sunflower seeds		✓			✓	
Iodine	regulates metabolism and growth	fatty fish, salt and dairy					✓	
Iron	helps build muscle and red blood cells	lean red meats, turkey, fish and seafood, eggs, beans, broccoli, spinach, dried fruit	✓	✓		✓	✓	babies from 4-6 months and girls who have started menstruating
Magnesium	helps regulate the body by contracting and relaxing muscles and nerves, and binds calcium to teeth and bones	spinach, green leafy vegetables, cucumbers, various seeds, basil		✓		✓	✓	
Omega-3 and -6	promotes heart, brain and eye development and improves concentration and attention.	vegetable oils, seed oils, oily fish, nuts, leafy vegetables	✓	✓	✓	✓		
Selenium	is an antioxidant and improves thyroid function	sunflower seeds, nuts, mushrooms, eggs, meat, kidney, crab, tuna					✓	
Zinc	promotes growth, and helps hormones and enzymes work properly	meat, fish, poultry, dairy, wholegrains, nuts, sunflower seeds		✓		✓	✓	
Multivitamins	do not replace a balanced diet			✓	✓	✓	✓	only if necessary due to an unbalanced or limited diet - choose age- and lifestyle-appropriate supplements

Note: These are some of the vitamins and minerals recommended for children without food allergies / other conditions. Speak to a health practitioner before giving extra supplements to your child.