

Top 10 Nutrients for Kids



1

Protein is key for growth, strength, and immunity as well as appetite management.

2

Carbohydrates provide energy for the brain & body, plus fiber for digestive health.

3

Healthy fats are needed for energy, fat-soluble vitamin transport, and even shock absorption.

4

Iron is vital to oxygen transport in the blood and normal immunity.

5

Calcium is necessary for strong bones & teeth, along with proper blood pressure control.

6

Vitamin D is needed for normal calcium absorption, along with the formation and maintenance of healthy bones and teeth.

7

Zinc is important for growth, immunity, sexual maturity, skin integrity, and wound healing.

8

Potassium is necessary to lower blood pressure and for muscle contraction.

9

Vitamin C is key for wound healing, a healthy immune system, and iron absorption.

10

Water is vital to digestion and the transport & absorption of nutrients. It maintains blood pressure & regulates body temperature too.