



Baby's Growing Needs: Nutritional Chart

DON'T FORGET YOUR VITAMINS!

VITAMIN A:	essential for growth, healthy skin, tooth enamel and good vision.
<i>Find it in...</i>	liver, oily fish, carrots, dark green vegetables, sweet potatoes, oranges, squash, tomatoes, apricots, peaches, eggs.
VITAMIN B COMPLEX:	essential for growth, changing food into energy, nervous system and aid to digestion.
<i>Find it in...</i>	meat, meat juices, liver, fish, dairy products, eggs, whole-grain cereals, wheat germ, dark green vegetables, potatoes, nuts, legumes, bananas.
VITAMIN C:	form and repair red blood cells, bones, tissues, needed for growth, healthy tissue, healing of wounds. Helps in absorption of iron.
<i>Find it in...</i>	citrus, blueberries, melon, papaya, strawberries, kiwi, tomatoes; broccoli, greens, bell peppers, spinach, potatoes, cauliflower.
VITAMIN D:	essential for proper bone formation (made by the skin in the presence of sunlight).
<i>Find it in...</i>	oily fish, liver, oils, eggs, dairy produce.
VITAMIN E:	important for the composition of the cell structure, helps create and maintain red blood cells.
<i>Find it in...</i>	vegetable oils, wheat germ, nuts.
VITAMIN K:	aids in blood clotting, maintains bones.
<i>Find it in...</i>	found in most vegetables and whole-grain cereals.
CALCIUM:	needed for strong bones, good teeth and growth.
<i>Find it in...</i>	dairy produce, canned fish with bones, dried fruit, bread, flour, broccoli.
IRON:	needed for healthy blood, muscles and brain development.
<i>Find it in...</i>	liver, red meat, oily fish, egg yolks, dried fruits (especially apricots) whole-grain cereals, green leafy vegetables, chocolate.

TOP TWELVE FOODS

avocado	B vitamins, vitamin A, vitamin E
chickpeas (hummus)	protein, fiber, folic acid, vitamin B-6, calcium, zinc, iron
eggs	protein, vitamin A, riboflavin, vitamin B-12, folic acid
fish (salmon, tuna)	protein, niacin, vitamin B-12, zinc, iron, omega-3 fatty acids
flax seeds and oil	omega-3 fatty acids: seeds also rich in protein, fiber, thiamin, riboflavin, niacin
kidney beans	protein, fiber, thiamin, folic acid, calcium, zinc, iron
lentils	protein, fiber, riboflavin, vitamin B-6, folic acid, iron
sweet potato	fiber, vitamin A, beta carotene, vitamin C, riboflavin, carotenoids
tofu (firm)	protein, fiber, vitamin A, thiamin, folic acid, calcium, zinc, iron, unsaturated fats, anti-cancer phytonutrients
tomatoes	vitamin A, vitamin C, carotenoids, especially lycopene
whole grains	protein, fiber, vitamin A, thiamin, riboflavin, niacin, vitamin B-12, folic acid, zinc, iron
yogurt (plain, nonfat)	protein, calcium, zinc, folic acid, riboflavin, lactobacilli for colon health



HONORABLE MENTION

almond	protein, fiber, riboflavin, calcium, zinc, iron, vitamin E, unsaturated fats
artichoke	protein, vitamin A, vitamin C, thiamin, riboflavin, niacin, folic acid, calcium, zinc, iron
broccoli	vitamin A, vitamin C, folic acid, beta carotene, anti-cancer polynutrients
cantaloupe	carotenoids, vitamin A, vitamin C, beta carotene
garlic	heart-healthy and anti-cancer phytonutrients
orange	fiber, calcium, vitamin A, folic acid, vitamin C, carotenoids
papaya	fiber, vitamin C, folic acid, carotenoids
peanut butter	protein, fiber, niacin, zinc, vitamin E
peppers (sweet and hot)	vitamin A, vitamin C, vitamin B-6, health-promoting phytonutrients, folic acid
pink grapefruit	vitamin C, fiber, carotenoids
sunflower seeds	protein, unsaturated fats, fiber, niacin, folic acid, zinc, iron, vitamin E, selenium
turkey	protein, niacin, vitamin B-12, zinc, iron

TOP 10 FRUITS

Based upon content of Vitamin C, Fiber, Carotenoids, Calcium and Folic Acid
Vitamin C requirement is 15 mg. – 40 mg., Age 1-3

avocado	
papaya,	½ contain 94 mg.
guava	
cantaloupe	one slice contain 29 mg.
orange	one medium contain 70 mg. One cup juice contain 100 mg.
apricots (dried, unsulfured)	
mango	one mango contains 16 mg.
strawberries	5 whole contain 51 mg.
kiwi	
grapefruit (pink or red)	½ contain 29 mg.

TOP 10 VEGETABLES

Based on content of Protein, Fiber, Beta Carotene, Vitamin C, B Vitamins, Folate, Calcium, Zinc, Iron and Phytonutrients
Vitamin A requirement is 400 mcg., age 1-3

artichokes	
beans, kidney and black	
beet greens	
broccoli	½ cup contain 62 mg. Vitamin C
carrots	one medium contain 2,000 mcg.
chickpeas	
lentils	
red bell peppers	½ contain 330 mcg., 140 mg. Vitamin C
spinach	
sweet potatoes	
tofu	
tomatoes	½ contain 12 mg. Vitamin C

TOP VITAMIN A FOODS

- sweet potatoes
- tofu
- carrots
- asparagus



squash, winter
beet greens
pumpkin
kale

CALCIUM

requirement is 500 mg. , age 1-3

yogurt one cup contains 380 mg.
milk one cup contains 300 mg. calcium, 140 mcg. vitamin a
cheese one slice contains 200-250 mg.
cheese stick contains 183 mg.

IRON

requirement is 10 mg., age 2-8

fortified cereal ½ cup contain 18 mg.