

# TODDLER NUTRIENT CHEAT SHEET

## **Iron**

Iron is an essential nutrient for toddlers. It plays a crucial role in brain development. During toddlerhood, your child's brain and body are developing rapidly, which is why toddlers have relatively high iron requirements compared to adults.

## **Zinc**

Zinc aids healing and plays a role in the creation of new cells. It is an important nutrient for your toddler's development, both now and as they continue to grow. The good news is that your toddler is able to get all the zinc they need from their normal diet.

## **Magnesium**

Provides structure for healthy bones and is involved in the release of energy from food. Magnesium is also essential for muscle and nerve function

## **Calcium**

Essential for building strong healthy bones and teeth. Helps muscle contraction and nerve function. Children's calcium requirements almost double once they hit 12 months of age.

## **Vitamin C**

The skin-healing properties of vitamin C are vital to help any bumps and scrapes your toddler has to repair. It also helps their body to absorb iron and encourages the development of white blood cells, which help to fight infection.

## **Vitamin D**

This hard-to-get vitamin is essential for normal bone development in babies, children and adults. Known as the sunshine vitamin, most of our supply comes from skin exposure to summer sunlight. However, small amounts can also be found in certain foods.

## **Vitamin B12**

Vitamin B12 plays an important role in your child's nervous system. It helps with brain development and ensures efficient transmission of messages.

## **Omega 3 Fatty Acids**

Omega 3 fatty acids are an important fat especially for children, as they play a key role in growth and development. Emerging research suggests they may improve brain function and mood in children.

## **Probiotics**

Probiotics are the "healthy" bacteria that make up the gut microbiome working to maintain health and immunity and fight inflammation and disease.



# TODDLER NUTRIENT CHEAT SHEET

## Haem Iron

- Red meat
  - Beef
  - Lamb
  - Pork
  - Veal
- Poultry
  - Chicken
  - Turkey
- Fish
  - Salmon
  - Tuna
  - Mackerel
  - Sardines
- Shellfish

## Non- Haem Iron

- Eggs
- Tofu
- Beans
- Lentils
- Spinach
- Broccoli
- Wholemeal bread
- Dried apricots
- Fortified breakfast cereals

## Vitamin C

- Citrus fruits
  - Oranges
  - Kiwi
  - Lemon
  - Grapefruit
- Capsicums
- Strawberries
- Tomatoes
- Broccoli
- Cabbage
- Brussels sprouts
- Sweet potato

## Zinc

- Red meat
  - Beef
  - Lamb
  - Pork
  - Veal
- Dairy
  - Milk
  - Yoghurt
  - Cheese
- Fish
- Shellfish
- Legumes
  - chickpeas
  - lentils
  - beans
- Nuts
- Sesame/tahini
- Oats
- Quinoa
- Zinc-fortified cereals
- Bread

## Vitamin D

- Fish
  - salmon
  - Canned tuna
  - Mackerel
  - Sardines
- Eggs (yolk)
- Vitamin D fortified products
  - Tofu
  - Milk
  - Yoghurt
- Mushrooms

## Magnesium

- Green vegetables
  - Spinach
- Nuts
  - Peanuts
  - Almonds
- Seeds
  - Chia seeds
- Grains
  - Oats
  - Wholemeal bread
  - Brown rice
- Legumes
- Avocado
- Milk
- Yoghurt

## Vitamin B12

- Poultry
  - Chicken
  - Turkey
- Fish
  - Salmon
  - Sardines
- Red meat
  - Beef
  - Pork
  - Lamb
- Eggs
- Dairy
  - Cheese
  - Yoghurt
  - Milk
- Nutritional yeast

## Calcium

- Dairy
  - Milk
  - Yoghurt
  - Cheese
- Nuts (e.g. almonds)
- Chia seeds
- Canned fish with bones
  - Sardines
  - Salmon
- Tofu and soy fortified drinks
- Broccoli
- Spinach
- Kale

## Omega 3

- Oily fish
  - Salmon
  - Mackerel
  - Sardines
- Nuts
  - Walnuts
  - Almonds
  - Pecans
- Seeds
  - Sesame seeds
  - Chia seeds
  - Flax seeds

## Probiotics

- Yoghurt
- Kefir
- Sauerkraut
- Tempeh

