

AAP and NIH RECOMMENDATIONS ON VITAMIN AND NUTRIENT INTAKE

Time points in development where intake is most important:

1. Vitamin D supplementation for ALL kids (unless drinking >32 ounces of milk or formula)
2. Zinc and iron between 6-9mos
3. Calcium intake during puberty
4. Iron for menstruating females
5. Folate for post-menarchal females who could become pregnant

Special circumstances:

Vegetarian/vegan diets are at highest risk for iron, zinc, and B12 deficiencies. Supplements are important in these populations. Plant sources of iron are less bioavailable than that found in meat. Those who do not consume dairy or fortified plant-based milks are at risk for calcium and vitamin D deficiency.

	Why we need it	Where we get it
Vitamin A	<ul style="list-style-type: none"> • Growth • Healthy skin • Tissue repair • Night and color vision 	<ul style="list-style-type: none"> • Sweet potatoes, carrots, spinach, broccoli, red peppers, mangoes, black-eyed peas • Dairy products (with added Vitamin A) • Liver
B Vitamins	<ul style="list-style-type: none"> • Promote red blood cell formation • Metabolism 	<ul style="list-style-type: none"> • Meat (including liver), fish, poultry • Soybeans • Milk • Eggs • Whole grains • Enriched breads and cereals
Vitamin C	<ul style="list-style-type: none"> • Strengthens connective tissue, muscles, and skin • Increases wound and bone healing 	<ul style="list-style-type: none"> • Citrus fruits • Strawberries • Tomatoes • Potatoes • Brussels sprouts • Spinach • Broccoli
Vitamin D	<ul style="list-style-type: none"> • Tooth and bone formation • Calcium absorption 	<ul style="list-style-type: none"> • Fortified dairy products and plant-based milks • Oily fish (salmon, tuna, mackerel, trout) • Beef liver • Egg yolks
Iron	<ul style="list-style-type: none"> • Production of blood • Building of muscles 	<ul style="list-style-type: none"> • Beef, turkey, pork, and liver • Spinach, beans, and prunes • Some cereals and breads
Calcium	<ul style="list-style-type: none"> • Healthy bone development 	<ul style="list-style-type: none"> • Milk, cheese, yogurt • Sardines, salmon • Broccoli, spinach, kale
Folate	<ul style="list-style-type: none"> • Cell division • Prevention of neural tube defects 	<ul style="list-style-type: none"> • Beef, black-eyed peas, fortified grains • Asparagus, avocados, spinach, broccoli
Zinc	<ul style="list-style-type: none"> • Supports growth • Important for taste and smell 	<ul style="list-style-type: none"> • Beef, pork, chicken, shellfish • Fortified cereals, cashews, chickpeas