Are Your Kids Getting Enough Nutrition?

Even though many of our foods have extra vitamins and minerals added, some nutrients are still low in our diets. Magnesium, Calcium, Vitamin D, and Vitamin E are examples. Try to include healthy sources of these in your child’s meals and snacks for better health.

<table>
<thead>
<tr>
<th>Magnesium</th>
<th>Calcium</th>
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<td>• Magnesium is the fourth most abundant mineral in the body and is essential to good health.</td>
<td>• Calcium is a mineral needed to maintain strong bones.</td>
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<td>• It helps maintain normal muscle and nerve function, keeps heart rhythm steady, supports a healthy immune system, and keeps bones strong.</td>
<td>• Almost all calcium is stored in bones and teeth, where it supports their structure and hardness.</td>
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<td>• Magnesium also helps control blood sugar levels and promote normal blood pressure.</td>
<td>• Calcium is also needed for muscles to move, blood to travel, and for nerves to carry messages to and from the brain.</td>
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<td>• Eating a wide variety of dried beans, nuts, whole grains, and dark green vegetables will help meet the daily dietary need for magnesium.</td>
<td>• Dairy products like string cheese, yogurt and milk are great sources of calcium. Kale, broccoli and fish with small bones like canned sardines and salmon are also good sources.</td>
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Vitamin D

- Most Americans do not get enough Vitamin D, in part because not many foods contain it.
- Fatty fish such as salmon, tuna, and mackerel are among the best sources. Mushrooms, beef liver, cheese and egg yolks also contribute a small amount.
- Vitamin D is added to many foods to help meet our need for it.
- The body makes vitamin D when exposed to sunlight.
- The Institute of Medicine recommends children 0-1 year get 400 IU daily and 1-18 years get 600 IU daily for bone health and other benefits.

Vitamin E

- The body needs vitamin E to fight off invading bacteria, viruses and things in the environment that can cause illness.
- Vitamin E is also important for the health of your blood vessels.
- Vegetable oils (like olive, safflower, sunflower), nuts, whole grains and wheat germ are the most important sources of Vit E.
- Other sources are sunflower seeds, peanut butter, carrot juice, tomato sauce and green leafy vegetables.

You may have many of the ingredients for this simple pasta dish already on hand! Very family friendly!

PASTA WITH GREENS AND BEANS

Ingredients
8 ounces pasta (try whole wheat penne)
1 tablespoon vegetable oil
1 tablespoon minced garlic
10 ounces frozen spinach
1 can (15 ounces) diced tomatoes with juice
1 can (15 ounces) white beans, drained
1 teaspoon salt
1/2 teaspoon pepper
1/2 cup grated parmesan cheese

Directions
1. Cook pasta according to package directions. Set aside.
2. Heat oil in large sauté pan or skillet. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt and pepper. When the mixture bubbles, cook gently (uncovered) for 5 minutes.
4. Add pasta and parmesan to spinach mixture. Toss well and serve.
5. Refrigerate leftovers within 2-3 hours.

Tip:
Substitute cleaned and chopped fresh spinach (about 6 cups) or other greens, such as Swiss chard or kale. Add as above and cook until soft.

Makes 8 (1-cup) servings; 290 calories, 4g fiber, 11g protein; Cost per recipe: $4.33; cost per serving: $0.54


This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.