

6 NUTRIENTS YOUR KIDS NEED FOR A HAPPY AND HEALTHY LIFE

As a parent, you do your best to teach your children about healthy eating choices, but let's be honest—kids will be kids.

Several studies reveal that growing kids and teens are lacking many of the essential nutrients needed for proper development—including the six vitamins and minerals listed below.

If you're looking for easy ways to help your child get the nutrition they need, check out the following healthy food choices that can help with proper growth and development.

VITAMIN D

ESSENTIAL FOR THE ABSORPTION OF CALCIUM

GOOD FOOD SOURCES:



IRON

HELPS CARRY OXYGEN FROM THE LUNGS TO THE REST OF THE BODY THROUGH HEMOGLOBIN

GOOD FOOD SOURCES:



ZINC

ESSENTIAL FOR CHILDHOOD GROWTH, DIGESTION, AND A STRONG IMMUNE SYSTEM

GOOD FOOD SOURCES:



CALCIUM

NECESSARY FOR THE DEVELOPMENT OF STRONG TEETH AND BONES

GOOD FOOD SOURCES:



VITAMIN A

CRUCIAL FOR EYE HEALTH AND A HEALTHY IMMUNE SYSTEM

GOOD FOOD SOURCES:



B VITAMINS

VITAL FOR THE FORMATION OF BLOOD CELLS AND NERVE FUNCTION

GOOD FOOD SOURCES:



SOMETIMES EVEN THE BEST DIET ISN'T ENOUGH TO GET THE NUTRITIONAL SUPPORT YOUR CHILD NEEDS.

Body Rox™ is an advanced vitamin, mineral, and antioxidant supplement that can help fill in the nutritional gaps for your teens so they can be at their best every day. And **Usanimals™** is a fun and effective daily chewable that provides excellent nutritional support for kids aged 24 months to 12 years.*

Help your kids get the nutrition they need so they can live a healthy and happy life. Contact an independent USANA Associate for more information about Body Rox and Usanimals.

USANA
THE CELLULAR NUTRITION COMPANY

The information provided herein is intended for educational and personal use only. Information on nutrients was assembled using the best available information but should not be considered universally applicable as nutritional content of food can vary by manufacturer, region, brand, lot, and preparation method.

References:
http://learn.pediatrics.ubc.ca/body-systems/gastrointestinal/nutritional-deficiencies/
https://www.seewhatgrows.org/common-nutrient-deficiencies-childhood/
https://www.cdc.gov/healthyschools/nutrition/facts.htm

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.