






CHOOSING Foods TO GROW ON

Children need to eat a variety of foods to obtain the many different nutrients needed for growth. The minerals iron and zinc are especially important for brain development, growth and a healthy immune system. Make healthy eating fun with these easy and tasty ways to boost iron and zinc in the foods you serve your child.

FOOD GROUPS	FOOD SOURCES OF IRON	FOOD SOURCES OF ZINC
 <p>MEAT, POULTRY, FISH, DRY BEANS AND PEAS, EGGS AND NUTS 2-3 servings/day or total of 5-7 ounces</p>	<p>Beef,* pork,* poultry,* fish,* shellfish,* legumes and dried beans (baked beans, chick peas, lima beans, kidney beans, soybeans, lentils) nuts (almonds, cashews), eggs, fortified tofu and iron-fortified soy beverages, seeds (pumpkin, sesame)</p>	<p>Beef, pork, lamb, veal, poultry, fish, oysters, crab, shrimp, dried beans and legumes (chickpeas, kidney beans), egg substitute, tofu, peanut butter</p>
<p>Tips</p> <ul style="list-style-type: none"> ■ Cook and then freeze ground beef crumbles in small portions. Add the crumbles to casseroles, pizza, soups, chili and stews. ■ Put young chefs to work making kabobs—alternate beef or chicken pieces with vegetable chunks, such as cherry tomatoes, mushrooms and potato cubes. ■ Layer cream cheese, spinach leaves and deli sliced roast beef on flour tortillas. Roll and slice into 1-inch pieces for tasty pinwheel roll-ups. ■ Add kidney beans or chick peas to soups, stews, salads. ■ Top salads, casseroles and stir-frys with sunflower seeds or toasted almonds. 		
<p>*Meat, poultry and fish contain a form of iron, called heme iron, that is more easily absorbed by the body than iron from plant sources.</p>		
 <p>MILK, YOGURT AND CHEESE 2-3 servings/day</p>	<p>(Foods in this group are not good sources of iron.)</p>	<p>Yogurt, milk, aged cheese, cottage cheese</p>
<p>Tips</p> <ul style="list-style-type: none"> ■ For zinc (and calcium), include a serving of milk, yogurt or cheese at each meal. 		
 <p>FRUITS 2-4 servings/day</p>	<p>Raisins, prunes, prune juice, dried peaches, dried apricots, dates</p>	<p>Banana, dried apricots, prunes, orange, apple, raisins</p>
<p>Tips</p> <ul style="list-style-type: none"> ■ Include foods with vitamin C (citrus fruits, strawberries, tomatoes, broccoli, green and red peppers) in meals with plant sources of iron to improve absorption of the iron. ■ Toss raisins or dried apricots into trail mix or cereal, or stir them into your favorite cookie recipe. 		
 <p>VEGETABLES 3-5 servings/day</p>	<p>Greens (chard, dandelion, kale, mustard, spinach, turnip), broccoli, potatoes, green peas</p>	<p>Green peas, potato w/skin, corn, broccoli, spinach</p>
<p>Tips</p> <ul style="list-style-type: none"> ■ Stir green peas or chopped spinach into favorite dishes, like macaroni and cheese or spaghetti sauce. ■ Serve raw or lightly cooked broccoli spears with ranch dressing or cheese dip for an after school snack. ■ To enhance the absorption of iron from plant foods, serve meat, poultry or fish with iron-containing vegetables—for example, beef, corn and bean burritos or chicken and potato chowder. 		
 <p>BREADS, CEREAL, RICE AND PASTA 6-11 servings/day</p>	<p>Iron-fortified cereals, iron-fortified or -enriched bread and bread products, corn tortillas, wheat germ</p>	<p>Bran cereals and muffins, rice (white and brown), whole wheat bread</p>
<p>Tips</p> <ul style="list-style-type: none"> ■ Mix iron-fortified infant cereal into applesauce, yogurt and casseroles. ■ Add wheat germ or farina to regular cereal, muffin or pancake batter and yogurt. ■ Choose iron- and zinc-fortified grain products, like many cereals, breads, pasta and crackers. Check the Nutrition Facts panel to see if products contain iron and zinc. 		