

Does your child need a nutritional supplement?

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multivitamin?

If your child has very limited food choices (eg. rejects both fruits and vegetables) and/or does not eat fortified foods such as breakfast cereal, bread, or pasta regularly, he or she may need a kids multivitamin supplement.

If your child eats foods (even if only a few) from every food group, and/or eats fortified foods such as breakfast cereal, pasta, and bread, he or she likely does not require a multivitamin.

vitamin D?

The recommended amount of Vitamin D jumps from 400 IU's to 600 IU's after age one, and with few food sources of Vitamin D, a liquid vitamin D3 supplement of 400 IU's is recommended for most kids.

omega-3?

If your child doesn't eat fatty fish (salmon, tuna, trout etc.), and has an otherwise limited diet, he or she likely requires a DHA + EPA supplement.

If your child eats fatty fish at least twice a week, he or she shouldn't need an omega-3 supplement

iron?

If your child doesn't eat meat or meat alternatives, as well as iron-fortified grain products (eg. breakfast cereal), it's possible that he or she may require an iron supplement. Talk to your pediatrician about testing for an iron deficiency, and guidance on dosage prior to starting a supplement.

If your child eats one or more of the following: meat, poultry, fish, eggs, beans, lentils, nuts, seeds and/or fortified grain products such as breakfast cereal, bread, pasta or cereal bars, it is unlikely that he or she will require an iron supplement

calcium?

If your child doesn't consume milk, yogurt, cheese, calcium-fortified milk alternatives, calcium-fortified orange juice, canned fish with bones, or tofu with calcium, he or she may require a calcium supplement

If your child consumes any or all of the following: milk, yogurt, cheese, calcium-fortified milk alternatives, calcium-fortified OJ, tofu with calcium, or dark leafy greens, it is unlikely that he or she will require a supplement.