

Childhood Obesity:

Parent / Child Tools for Success



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The Facts

70 % of American children are at increased risk of bone and heart disease because of low levels of vitamin D. Several large-scale studies have found that vitamin D deficiency is widespread - one in 10 U.S. children are estimated to be deficient - and 60% of children may have suboptimal levels of vitamin D.

Source: hopkinschildren.org, 2012



Smart Shopper Tips

- 1 Talk to a doctor.** As individuals, our bodies have different needs. Check with your doctor first and ask if your child has a vitamin deficiency.
- 2 Buy children's vitamins for children.** Kids have different nutritional needs than adults. Never give a child an adult vitamin.
- 3 Check the expiration date.** Expiration dates are voluntary, but nearly all supplement manufacturers list them on the packaging.
- 4 Store brand or national brand?** According to consumer reports (2010), store brands did just as well in tests as the national brands, and they cost less!

Tracking Progress

An Interactive Tool for Understanding the Essential Vitamins & Minerals

Have you taken your vitamins? We've heard it from our doctors, our parents and multiple health articles. The best way to ensure that we get enough of the vitamins and minerals we need is to eat a balanced diet that includes a variety of foods. Lack of any vitamin in a diet can cause serious health problems. Supplementing your daily food intake with a daily vitamin can help ensure that your child is getting those important vitamins and minerals. It is just as important however, to know what purpose each vitamin serves in supporting our organs. Knowing all the great benefits that vitamins provide will encourage your child to take a more serious and enthusiastic approach to practicing good, life-long eating habits.

Teachable Moments

Language Arts:

The word vitamin comes from "vita" the Latin word for life, indicating their importance to the various body processes.



Science:

Did you know that all rocks are made of minerals? There are 16 different minerals that are found in rocks and the soil, and those same minerals can also be found in the foods we eat! In fact, minerals are a necessary part of our diet and needed for optimal health.

Activity

Using the matching activity, begin your search online to figure out which vitamins and minerals are responsible for supporting those vital organs. Draw a line to the corresponding answer.



Minerals

- Calcium
 - Iron
 - Magnesium
 - Phosphorus
 - Potassium
 - Zinc
- A - Helps red blood cells carry oxygen to all parts of the body.
 - B - Develops strong bones and teeth.
 - C - Is part of every cell in the body and helps cells function normally. It also builds strong bones.
 - D - Helps the body keep a balance of water in the blood and body tissues.
 - E - Keeps your immune system strong & helps heal wounds.
 - F - Helps muscles and nerves function. It also helps the body create energy and make proteins.

Vitamins

- Vitamin A
 - Vitamin C
 - Vitamin D
 - Vitamin E
 - Vitamin B12
 - Vitamin B6
 - Vitamin K
- 1 - It helps you heal if you get cut. Forms collagen, a tissue that holds cells together. It helps the body absorb iron & calcium, helps resisting infections and is essential in healthy bones, teeth, gums, and blood vessels.
 - 2 - Is an antioxidant that helps individual cells live longer and protects cells from damage, especially red blood cells.
 - 3 - Supports healthy eyes and promotes a healthy immune system.
 - 4 - This is the "clotmaster". It helps your wounds close up if you get a bad cut.
 - 5 - Strengthens bones by helping the body absorb calcium.
 - 6 - Makes red blood cells which carry oxygen through your body, and it is important for nerve cell function.
 - 7 - Is important for normal brain and nerve function.

