

10 Best Foods For Kids

10. Optimal Oatmeal

A fabulous breakfast food, full of B vitamins, iron, zinc and calcium. Oatmeal offers quick energy for busy kids.

9. Egg 'em On:

Eggs are a great source of protein and a host of other nutrients, including the B vitamins, vitamin E, and zinc to name a few.

8. Nuttin' Better

Nut butters are great fast foods for kids. Kids need the fat (it's a good fat if it doesn't have hydrogenated oils mixed in it) and they need the protein. And while peanuts can be problematic and even life threatening to allergic kids, other nut butters may be okay (but definitely check with your doctor first).

7. Culture Club

Kick your child's milk consumption up a notch and include yogurt on the menu. A great source of calcium, yogurt is easier to digest than regular milk and the cultures (check the label to make sure they're in there!) are very beneficial to good colon health... especially if your child has been on antibiotics.

6. Mmmm, Mmmm Melons!

Vitamin C, beta-carotene, bits and pieces of B vitamins and trace minerals and calcium fill every juicy bite.

5. Tree Cheers!

Broccoli is one of the best vegetables for anyone, especially growing kids due to its calcium content and a whole host of other nutrients, such as potassium, beta-carotene, and B vitamins.

4. Terrific Tubers

Sweet potatoes contain 30mg beta-carotene per cup. And with 3 grams of fiber per serving, sweet potatoes deserve a place at the table.

3. Protein Power

Growing kids need protein to keep growing. Good choices include legumes, beans (combined with a grain to make a complete protein), soy products like tofu, or meat, fish or poultry.

2. The Whole Truth

The best nutrition is found in the whole grain. Brown rice and whole wheat bread are a quantum leap over their white counterparts and offer necessary fiber, minerals and vitamins.

1. OJ is OK

Orange juice is full of vitamin C, vitamin E, potassium, folate and zinc. You can buy calcium-fortified orange juice too!