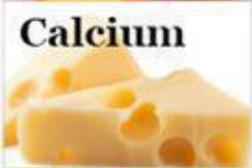
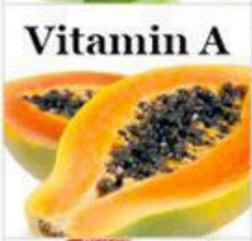
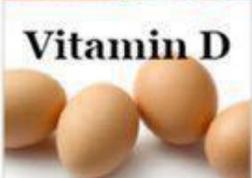


NUTRIENT	DAILY VALUE*	FUNCTION	SOURCES
 <p>Protein</p>	16g	Important for growth and development of your child; also important for making and repairing cells	Good sources include poultry, meat, fish, beans, nuts, dairy products and soy
 <p>Fiber</p>	NA	Important for preventing constipation ; also helps decrease the risk of Type 2 Diabetes, heart disease and high cholesterol later in life	Good sources include fresh fruits with the skin on, dried fruit, vegetables, beans/legumes, whole grains such as brown rice and whole wheat bread
 <p>Calcium</p>	800 mg	Important for strong bones and teeth ; helps with muscle functioning, blood clotting, nerve transmission	Good sources include dairy products, leafy green vegetables, calcium fortified foods such as orange juice and tofu
 <p>Iron</p>	10 mg	Important for your child's growth; also important for forming hemoglobin to carry oxygen through the body, a lack of it can lead to fatigue	Good sources include poultry, meat, fish, eggs, raisins, leafy green vegetables, beans and enriched grains
 <p>Vitamin A</p>	2500 IU	Important for eyesight , growth, functioning of the immune system and healthy skin	Good sources include dark green vegetables such as spinach, orange fruits and vegetables such as sweet potatoes and papayas, dairy products fortified with vitamin A such as milk, eggs
 <p>Vitamin C</p>	40 mg	Important for decreasing risk of colds , infections, recurrent ear infections; wound healing; keeping gums, skin and muscles healthy; aids in brain function; also an antioxidant	Good sources include citrus fruits, broccoli, strawberries, tomatoes, bell peppers, kale
 <p>Vitamin D</p>	400 IU	Important for strong bones and teeth because it helps absorb calcium ; also important in immune function	Good sources include milk fortified with vitamin D, fatty fish, egg yolks and the sun (depending on latitude and time of year)

*Daily Values are Based on Children Under 4 years of age