



NUTRIENTS & FOODS FOR KIDS

To Support Focus, Strong Immunity, Calm Mood & Restful Sleep

OMEGA 3S

- Wild salmon & tuna
- Walnuts & walnut butter
- Chia & Flax seeds (add to pudding & smoothies)
- Eggs (however you like them!)

FERMENTED FOODS

- Plain yogurt w/ berries & a bit of honey
- Kefir smoothies
- Pickled veggies & sauerkraut
- Miso stirred into broth & ramen
- Fresh sourdough

MAGNESIUM

- Roasted pumpkin seeds
- Spinach blended into smoothies
- Banana
- Avocado
- Eggs (anyway you like them)
- Grass-fed meatballs, burger patties, meat sauce

B VITAMINS

- Chicken & turkey
- Wild salmon
- Grass-fed cheese & yogurt
- Nut butters
- Bananas & avocado
- Beans & lentils
- Leafy greens

VITAMIN D

- Outside playtime
- Wild caught fish-sticks
- Grass-fed butter melted on veggies & popcorn
- Cheese & yogurt
- Egg bites & frittatas
- Mushrooms in pasta sauce

ZINC & IRON

- Ground beef or turkey tacos
- Roasted pumpkin seeds
- Black bean or lentil quesadillas
- Hummus w/ veggies
- Spinach or sauces & smoothies
- Lentil soups or mixed w/ rice

STAY HYDRATED!

- Filtered water (+ electrolytes)
- Popsicles made w/ real fruit + coconut water
- Herbal tea
- Bubbly water

