

IMMUNE BOOSTING FOODS FOR KIDS

AHUNDREDAFFECTIONS.COM

IRON

SPINACH | BROCCOLI | GROUND BEEF
DARK CHOCOLATE | CEREAL | BEANS

YOGURT | DARK CHOCOLATE
PICKLES | OLIVES | RAW CHEESE

PRO BIOTICS

VITAMIN A

SWEET POTATO | SPINACH | CARROTS
GARLIC | PUMPKIN

CHICKEN | GARLIC | POMEGRANATE | SPINACH | EGGS
MILK | BEEF | BEANS | YOGURT | WHOLE GRAINS

VITAMIN B

VITAMIN C

CITRUS FRUITS | KIWIS | MELONS | TOMATOES
YELLOW PEPPERS | STRAWBERRIES | POTATOES

AVOCADO | POMEGRANATE | SUNFLOWER SEEDS
ALMONDS | PEANUTS | SPINACH

VITAMIN E

ZINC

NUTS | SEEDS | DAIRY | EGGS | BEANS
DARK CHOCOLATE | WHOLE GRAINS