



ARTICLE

## Why are Vitamins important for your child's growth and development

3 mins read

As parents, we know that vitamins are an important nutrient for the holistic growth and development of children. While each nutrient is important for your child, here is how vitamins play a vital role.

### **What are Vitamins?**

Vitamins are organic compounds and are needed in small quantities for essential processes in the body. Most vitamins cannot be produced by our body and hence we need to get them from food.

### **Here are various types of vitamins for your child:**

**Vitamin A-** Vitamin A supports healthy vision, skin, hair growth and works as an immune booster for kids. Rich sources of Vitamin A are tomato, pumpkin, carrots, apple, green leafy vegetables, egg, mango, and papaya.

**Vitamin B12-** Vitamin B12 is necessary for the normal function of the nerve cells and helps with red blood cell production in the body. Food sources of Vitamin B12 are meat, fish, eggs, and milk.

**Vitamin B6-** This vitamin helps in the release of brain chemicals that help in regulating moods. It also supports the normal functioning of the nervous system. Good sources of Vitamin B6 are meat, fish, whole-grain foods, vegetables, and nuts.

**Vitamin C-** Vitamin C is necessary for the production of collagen, a protein responsible for skin elasticity. Vitamin C plays an important role in fighting against infections and also helps in iron absorption. Food sources of Vitamin C are citrus fruits such as orange, amla, and lemon.



**Vitamin D-** Vitamin D helps the body form and maintain strong teeth and bones and it also helps in the absorption of calcium. Sunlight is the best source of Vitamin D. Good food sources of Vitamin D are eggs,

fish and fortified milk.

**Vitamin E-** Vitamin E supports a healthy immune system and is also required for healthy skin and hair. Nuts such as almonds, peanuts, seeds such as sunflower seeds and canola oil are good sources of Vitamin E.

**Vitamin K-** Vitamin K plays a key role in blood clotting and helps in healing wounds in children. Green leafy vegetables, beans, and eggs are a great source of Vitamin K.

**Folic Acid-** Folic acid is required for the absorption of proteins, the formation of new red blood cells and the DNA. Green leafy vegetables, liver, legumes, and cereals are good sources of Folic acid.

Each nutrient has a definitive role to play in your child's growth and development. Consult your Health Care Professional to ensure that your kid is gets the full range of vitamins required for their holistic growth right from an early age, either from these food sources or an appropriate Health drink without any added sugar.