



NOVEMBER 2021 | UBC ACTIVE KIDS

# November Newsletter

## DO CHILDREN NEED TO TAKE VITAMIN OR MINERAL SUPPLEMENTS?

Have you ever wondered if children need take a vitamin or mineral or supplement? **Vitamins and minerals are small essential nutrients** that are needed by our bodies to **maintain overall health and wellness**. With colder weather upon us and children exposed to less and less sunlight, it is reasonable to wonder if they could be taking a supplement.

### Current evidence around supplementation for children:



It turns out, data shows that most children in Canada **get enough vitamins and minerals** just from eating **food alone**.



The best way for children to meet their nutritional needs is by eating a **variety of foods** and making sure to include lots of **fruits and vegetables** in their diets.



However, if there is concern around a child's growth patterns or you are worried they are not eating enough to meet their needs, it is always best to talk to your healthcare provider or registered dietitian about potential supplementation.

### A note about Vitamin D



Vitamin D is needed for **bone growth and maintenance**.

Sunlight is a source of vitamin D, however Canada's higher latitude does not provide us with enough sunlight to meet our bodies requirements, meaning most of our vitamin D need to come from **dietary sources**.

### Common dietary sources



Fortified cow's milk or fortified plant-based milk: **100 IU/cup**



Eggs: **50 IU/ 2 eggs**



Fatty fish (salmon, rainbow trout): **400 IU/ 75g salmon**

If you have concerns about your child's vitamin D intake, please speak with a registered dietitian or your healthcare provider about **potential supplementation**.

Health Canada recommends children aged 1 to 8yrs get **600 IU per day** of vitamin D