

Research shows that American children and adults are missing some of the key nutrients we need to look great, feel better, and be stronger. Some of these shortfall nutrients are calcium, potassium, magnesium, vitamins A, C, and E. Children and older adults may also be missing iron, folate, vitamins B₁₂ and D. Here are five easy ways to help put power nutrition into your family's meals:

Enjoy **GRAINS** for folate, fiber, and energy.

GO WITH THE GRAIN – especially 100% whole grains – at least one serving at every meal. Start off quick and easy with a bowl of whole grain cold cereal or hot oatmeal for breakfast. Move onto a satisfying sandwich on whole wheat bread for lunch. Then finish up with brown rice or whole grain pasta at dinnertime.



Enjoy **FRUITS and VEGGIES** for vitamins and more.

FRUITS AND VEGETABLES – fresh, frozen, dried, and canned in their own juice – are nature's most appetizing vitamin 'pills.' Get your fruits and veggies the easy way: 2 servings at every meal plus 1 to 2 fruit or veggie snacks per day. From A to Z, the choices are endlessly delicious – from a snack of sliced apples to stir-fried zucchini for supper.

Enjoy **NUTS/SEEDS** for vitamin E and magnesium.

YOU CAN GET THE MAGNESIUM AND VITAMIN E that most Americans are missing – with sunflower seeds, pumpkin seeds, almonds, pecans, cashews, and other nuts. Just add a serving (1 ounce or a small handful) to your daily intake. Sprinkle almonds on cereal or on a fruit salad. Enjoy sunflower seeds or dry-roasted cashews as a high-energy snack.



Enjoy **MILK PRODUCTS** for calcium and vitamin D.

PACKED WITH BODY-BUILDING NUTRITION, DAIRY PRODUCTS – fat-free or lowfat milk, yogurt, and cheese – are delicious and good for you too. To get the calcium, potassium and vitamin D you may be missing (plus protein, phosphorus and more), all it takes is three servings a day: 8 ounces of milk (fat-free, 1% or 2%) with every meal will meet this goal.

Enjoy **MEAT, FISH, POULTRY, and BEANS** for protein.

MEAT IS A SOURCE OF HIGH QUALITY PROTEIN necessary for children to grow physically and mentally. Choose lean beef and pork, skinless poultry and fish to minimize your saturated fat intake. A 3-ounce serving of one of the 29 lean cuts of beef (like top sirloin, brisket, T-bone, and 95% lean ground beef) has less than 200 calories and less than 10 grams of fat – along with plenty of ZIP (zinc, iron, and protein) and flavor!

