

NUTRIENT KNOW HOW

Do you know your ABC's of vitamins? Do you know where to get the iron, calcium and other necessary nutrients that your body needs? Check out our list of Vital Vitamins and Must-Have Minerals. Make sure you're eating a variety of foods and getting all the right stuff to keep your body strong and healthy. And remember to eat right all the time...not just during soccer season!

Vital Vitamins

> VITAMIN A

This vitamin helps you see colors, and it helps with your night vision. It also helps you have healthy skin!

What to eat Vitamin A can be found in carrots, spinach, apricots, nectarines, guava, cantaloupe and fortified milk.

> B VITAMINS

B1, B2, B6, B12, niacin, biotin, folic acid and pantothenic acid. These help make energy and red blood cells to carry oxygen to different parts of your body.

What to eat B vitamins are found in fish, like tuna, and other meats such as beef, pork and chicken. Other foods with B vitamins are enriched cereals and breads, leafy green vegetables, dried beans and whole wheat grains.

> VITAMIN C

This popular vitamin is well known for helping your body resist infection. It also strengthens muscles, bones, gums and teeth.

What to eat Oranges, grapefruit, watermelon, strawberries, lemons, and raspberries. Orange juice and other juices can be excellent sources of vitamin C. Check labels to make sure you're getting what you need. Tomatoes, broccoli and green peppers are also great sources.

> VITAMIN D

This is an essential vitamin for strong bones and teeth because it helps the body absorb calcium.

What to eat Milk, pudding, eggs and tuna.

> VITAMIN E

This vitamin protects important body tissues, like the ones in your eyes, skin and liver. It also protects the lungs from damaging air and helps your body store vitamin A. Additionally, it works with vitamin K to help with blood clotting.

What to eat Oils found in corn and sunflower seeds; leafy dark green vegetables and nuts.

> VITAMIN K

This is super important to help your blood clot (keeping too much blood from coming out if you get cut). Clotting also helps keep germs from getting inside your body.

What to eat Dark green vegetables and some lighter green ones too, like lettuce and cabbage. Cheese is another great source so top your favorite greens with a little cheese!

Must-Have Minerals

> CALCIUM

This mineral helps build strong bones and healthy teeth.

What to eat milk, yogurt, frozen yogurt, ice cream, milkshakes and cheese. Plus, some juices are fortified with calcium so read your labels and pick the juices that will help build strong bones.

> IRON

This is an important part of hemoglobin which carries oxygen from your lungs to the rest of your body. It is very important to get enough iron.

What to eat Red meat, dried beans, baked potato (eat the skin), apricots, whole-grain breads (or iron-enriched breads), some cereals and raisins.

EAT TO WIN!

Making good choices between meals is just as important as eating three well-balanced meals each day. Remember to eat a healthy snack and grab your water bottle before you head out to the soccer field. Check out these suggestions from Julie Paul, registered dietitian, from WakeMed's Pediatric Diabetes Program.

BEFORE YOU PLAY

Nibble on these yummy treats before the game so you don't start on an empty stomach.

- > Bagel with peanut butter or cream cheese
- > Snack mix with whole grain cereal, pretzels, raisins and peanuts
- > Fruit smoothies with frozen fruit and yogurt
- > Yogurt with granola and fruit
- > Celery with peanut butter and raisins
- > Milkshakes using fresh or frozen fruit, milk and ice
- > Sandwiches with lean meats and whole wheat breads
- > Fresh Fruit
- > Cereal with milk
- > English muffin (whole wheat) with peanut butter
- > Cheese and crackers
- > Baked potato (add broccoli if you like)
- > Raw veggies

COOLER CRAVINGS

Pack these snacks in a cooler for the team so you can refuel together after the game.

- > Fresh fruit
- > Yogurt
- > String cheese
- > Breakfast or Granola Bars
- > Dried Fruit & Nuts
- > Water

For moms and dads, we've also included our Heart Healthy Food Pyramid.