

MULTI vitamins *for kids?*

Pediatricians and nutrition experts recommend eating a variety of different foods to meet vitamin and mineral requirements. A daily multivitamin supplements the diet with key vitamins and minerals that may be missing from the diets of children at high risk for inadequate intake including:

Children with overall poor intake of whole grains, fruit, vegetables, lean meats and low-fat dairy products

“Picky” eaters

Children with chronic medical conditions such as asthma, digestive problems, food allergies or those who take certain medications

Children who are active in physically demanding sports

Children who follow a vegetarian diet

weis
pharmacy



Free Children's Vitamins

weis is pleased to offer FREE Children's Vitamins with Fluoride for children up to seven years of age. Simply present your **weis** Pharmacist with a fluoride prescription from your child's pediatrician to receive this one year supply.

Should my child take fluoride?

The mineral fluoride helps prevent tooth decay. Children living in communities that do not add fluoride to the water supply should take a daily fluoride supplement starting at 6 months to 16 years of age. Taking too much fluoride may be harmful to your child's oral health and is not recommended. Visit www.cdc.gov to find out if your community water supply is fluoridated. Discuss supplementation with your child's pediatrician and **weis** Pharmacist.

Have nutrition questions?

e-mail: healthybites@weismarkets.com

mail: Ask a Weis Dietitian
Weis Markets, Inc.
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Sunbury, PA 17801-0471

connect:  

Look for the latest issue of Weis HealthyBites™ magazine in stores or view it online at weismarkets.com

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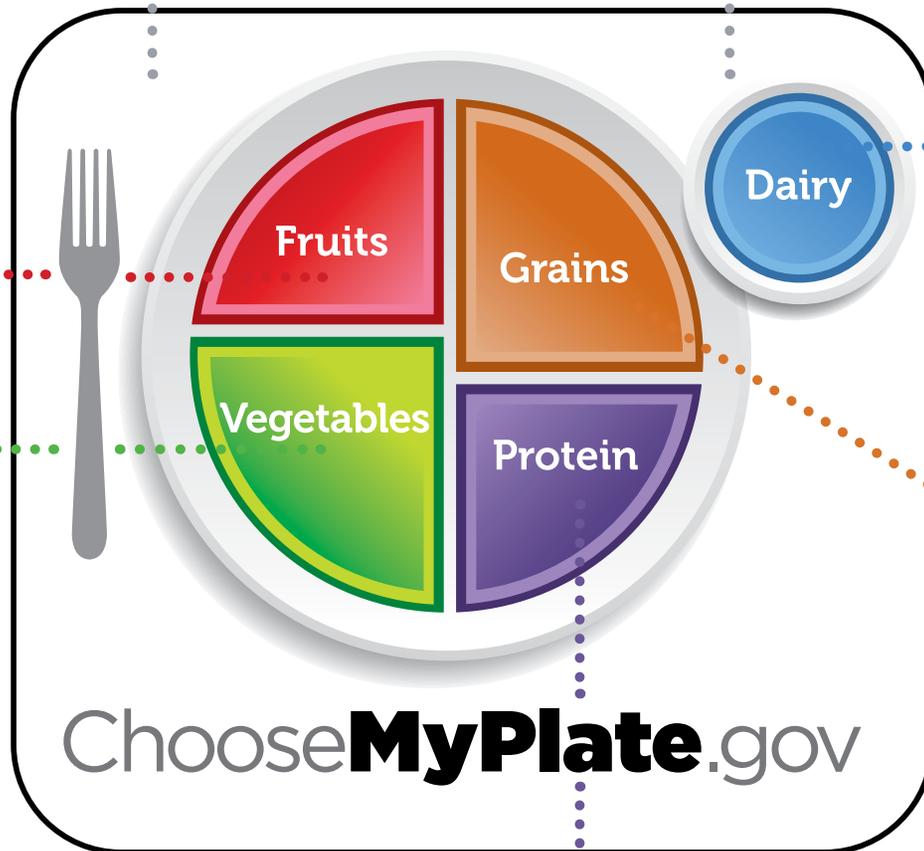


FREE
Children's
Vitamins!
details inside

Build a **HEALTHY** Plate

The USDA MyPlate tool recommends these key messages for a healthy you and a healthy family.

Start with a plate that's about **8 inches** across.



Fill ½ your plate with a **colorful** variety of **fruits** & **vegetables**.

Fill ¼ of your plate with protein such as **lean** meats, poultry, fish and eggs or plant-based beans, nuts and soy foods.

Dairy

Add calcium-rich foods such as **low-fat** or **fat-free** milk, yogurt or cheese.

Fill ¼ of your plate with grains such as bread, rice, pasta and cereal. Make at least half your grain choices **whole grains**.

SMART snacking

Eating between meals provides energy, nutrients and appetite satisfaction. Keep snacks balanced and portion-controlled.

Baby carrots with one tablespoon low-fat salad dressing or hummus

Low-fat string cheese or yogurt

Apple slices or celery sticks with one tablespoon of peanut butter

Homemade trail mix with dried fruit, nuts and mini pretzels

Fruit and yogurt parfait with low-fat granola

Pita wedges with hummus or salsa

Smoothie with 1 cup skim milk, 8 oz. low-fat yogurt, fresh fruit and ice

½ cup of whole-grain, unsweetened cereal with low-fat milk

Visit **choosemyplate.gov** for sample menus, recipes and more.