

# Happy & Healthy Pediatrics

Pediatric, Adolescent, & Breastfeeding Medicine



So as I mentioned last week I attended a zoom workshop taught by a medical intuitive on natural ways to boost your immunity during cold and flu season. Here are some takeaways I wanted to share with all of you. He recommended increasing zinc and vitamin C in your diet. Keep in mind, I am not a nutritionist, but I have been doing extensive research on this the past few days to try to put something together for you that I hope will be helpful. All of this information is taken from the National Institute of health.

## **ZINC:** Here are a list of foods high in zinc:

Oysters, cooked, breaded and fried, 3 ounces	74.0	673
Beef chuck roast, braised, 3 ounces	7.0	64
Crab, Alaska king, cooked, 3 ounces	6.5	59
Beef patty, broiled, 3 ounces	5.3	48
Lobster, cooked, 3 ounces	3.4	31
Pork chop, loin, cooked, 3 ounces	2.9	26
Baked beans, canned, plain or vegetarian, ½ cup	2.9	26
Breakfast cereal, fortified with 25% of the DV for zinc, 1 serving	2.8	25
Chicken, dark meat, cooked, 3 ounces	2.4	22
Pumpkin seeds, dried, 1 ounce	2.2	20
Yogurt, fruit, low fat, 8 ounces	1.7	15
Cashews, dry roasted, 1 ounce	1.6	15
Chickpeas, cooked, ½ cup	1.3	12

**Table 1: Recommended Dietary Allowances (RDAs) for Zinc [2]**

Age	Male	Female	Pregnancy	Lactation
0–6 months	2 mg*	2 mg*		
7–12 months	3 mg	3 mg		
1–3 years	3 mg	3 mg		
4–8 years	5 mg	5 mg		
9–13 years	8 mg	8 mg		

**Table 1: Recommended Dietary Allowances (RDAs) for Zinc [2]**

Age	Male	Female	Pregnancy	Lactation
14–18 years	11 mg	9 mg	12 mg	13 mg
19+ years	11 mg	8 mg	11 mg	12 mg

\* Adequate Intake (AI)

**Table 3: Tolerable Upper Intake Levels (ULs) for Zinc [2]**

Age	Male	Female	Pregnant	Lactating
0–6 months	4 mg	4 mg		
7–12 months	5 mg	5 mg		
1–3 years	7 mg	7 mg		
4–8 years	12 mg	12 mg		
9–13 years	23 mg	23 mg		
14–18 years	34 mg	34 mg	34 mg	34 mg
19+ years	40 mg	40 mg	40 mg	40 mg

## **VITAMIN C:**

**Table 2: Selected Food Sources of Vitamin C [12]**

Food	Milligrams (mg) per serving	Percent (%) DV*
Red pepper, sweet, raw, ½ cup	95	106
Orange juice, ¾ cup	93	103
Orange, 1 medium	70	78
Grapefruit juice, ¾ cup	70	78
Kiwifruit, 1 medium	64	71
Green pepper, sweet, raw, ½ cup	60	67
Broccoli, cooked, ½ cup	51	57
Strawberries, fresh, sliced, ½ cup	49	54
Brussels sprouts, cooked, ½ cup	48	53
Grapefruit, ½ medium	39	43
Broccoli, raw, ½ cup	39	43
Tomato juice, ¾ cup	33	37
Cantaloupe, ½ cup	29	32
Cabbage, cooked, ½ cup	28	31
Cauliflower, raw, ½ cup	26	29
Potato, baked, 1 medium	17	19
Tomato, raw, 1 medium	17	19

**Table 2: Selected Food Sources of Vitamin C [12]**

Food	Milligrams (mg) per serving	Percent (%) DV*
Spinach, cooked, ½ cup	9	10
Green peas, frozen, cooked, ½ cup	8	9

**Table 1: Recommended Dietary Allowances (RDAs) for Vitamin C [8]**

Age	Male	Female	Pregnancy	Lactation
0–6 months	40 mg*	40 mg*		
7–12 months	50 mg*	50 mg*		
1–3 years	15 mg	15 mg		
4–8 years	25 mg	25 mg		
9–13 years	45 mg	45 mg		
14–18 years	75 mg	65 mg	80 mg	115 mg
19+ years	90 mg	75 mg	85 mg	120 mg
Smokers	Individuals who smoke require 35 mg/day more vitamin C than nonsmokers.			

**Table 3: Tolerable Upper Intake Levels (ULs) for Vitamin C [8]**

Age	Male	Female	Pregnancy	Lactation
0–12 months	Not possible to establish*		Not possible to establish*	
1–3 years	400 mg		400 mg	
4–8 years	650 mg		650 mg	
9–13 years	1,200 mg		1,200 mg	
14–18 years	1,800 mg		1,800 mg	1,800 mg
19+ years	2,000 mg		2,000 mg	2,000 mg

\*Formula and food should be the only sources of vitamin C for infants.

So, with all of this data I have been trying to research some products to recommend to you guys that seem safe and appropriate as supplements during this time. This is challenging since there are a lot of products out there and now a lot of these products are becoming harder to get. Amazon is limiting what you can purchase and shipping times are much longer than usual. I have reached out to two local pharmacies to see if they can get additional amounts of these products and they are trying their best (plus I love the idea of trying to support community businesses).



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## CARLE PLACE

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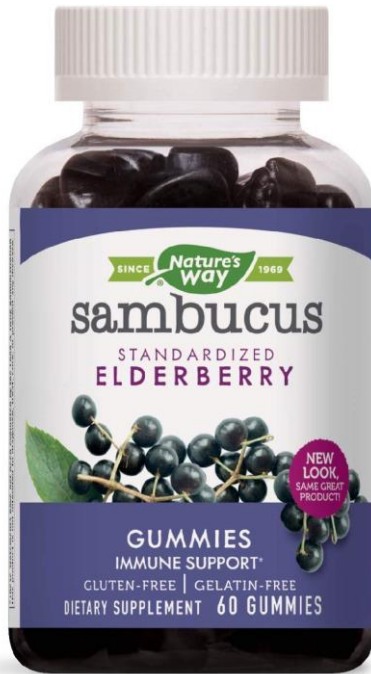
## WESTBURY

**829 B CARMAN AVENUE**

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PHONE: **516-333-4545** | | FAX: **516-307-1383**

**HOURS: MON-FRI 9 AM - 8 PM,  
SAT 9 AM - 5 PM SUN 9 AM - 2 PM**



**RECOMMENDATION:** Adults and children 4 years of age and older, chew 2 gummies daily. If pregnant, nursing, or taking any medications, consult a healthcare professional before use. **Keep out of reach of children.**

## Supplement Facts

Serving Size 2 Gummies / Servings per Container 30

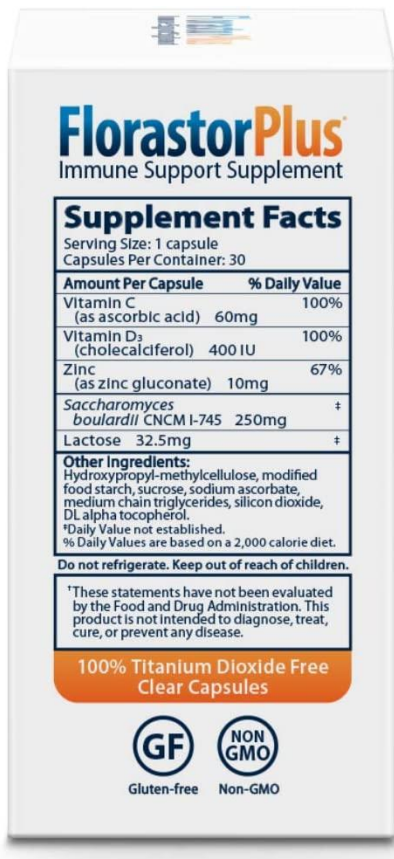
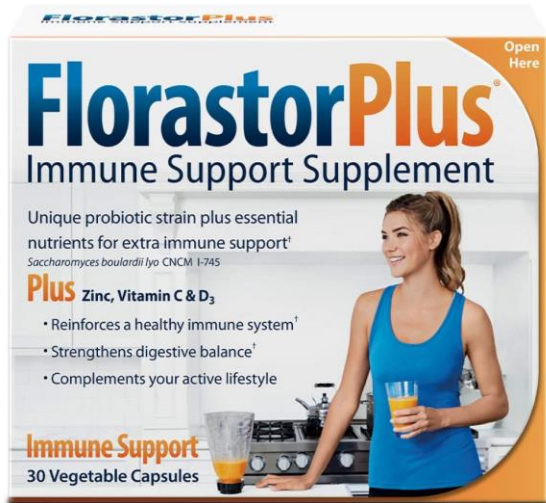
Amount per Serving		% DV
Calories	15	
Total Carbohydrate	4 g	1%†
Total Sugars	3 g	**
Includes 2 g Added Sugars		4%†
Vitamin C (ascorbic acid)	90 mg	100%
Zinc (as zinc citrate)	7.5 mg	68%
Sodium	15 mg	<1%
Black Elder ( <i>Sambucus nigra</i> L.) Extract (berry) standardized to BioActives® from 3.2 g of premium cultivar elderberries	50 mg	**

†Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value not established.

Other ingredients: organic tapioca syrup, cane sugar, pectin, sodium citrate, natural flavors, citric acid, vegetable oil (palm and coconut), beeswax

For ages 4 and older I think this looks good. I usually don't recommend gummies, but I can live with the 3 grams of sugar for now. No evidence to support the elderberry, but definitely can't hurt. I have even seen this in Trader Joe's.



This is great for ages 14 and above (can open capsules if the child can't swallow them) and mix contents in food or fluids. I also like the probiotic component to this one.

For ages below 4 we need to rely more on dietary approaches. That's why I listed above the foods that are highest in that nutrient. I would continue giving our kids the multivitamin with fluoride (if you live in Nassau or Suffolk County) or an over the counter general multivitamin if you live in NYC. Please continue to give additional vitamin D if we had asked you to in the past based on low levels from your children's bloodwork. I have not seen any additional supplements that seem safe for kids less than 4 years of age. If you want to start your child on a daily probiotic too, then please see our probiotic handout linked to our website (couldn't hurt I guess).

I also included the safe upper limits of these nutrients so people don't over- do it either. There are many products out there-please feel free to use whatever you want. I just wanted to give everyone a starting point and provide some guidance.

Another really cool thing he taught is a Science-based Yoga Breath exercise to boost immunity:

<https://www.youtube.com/watch?v=bfYmwHzK9os&feature=youtu.be>

I think this is really interesting and definitely worth a shot in trying. Anything we can do to be preventative and take good care of ourselves seems worthwhile.