

## Vitamins and Minerals for Healthy Kids

### Eating a balanced diet can help kids get all of their vitamins and minerals.

**Vitamin A** helps vision, growth and healthy skin. It can be found in eggs, milk, apricots, nectarines, cantaloupe, carrots, sweet potatoes, and spinach.

**Vitamin C** keeps tissues like gums and muscles in good shape. It also helps with healing, fighting infections and helping the body absorb iron. It can be found in citrus fruits, strawberries, tomatoes, broccoli, and cabbage.

**Vitamin D** helps build strong bones and teeth and aids the body in absorbing calcium. It can be found in milk and other dairy products fortified with vitamin D, fish, and egg yolks.

**Vitamin E** maintains body tissues like those in the eyes, skin and liver and helps protect the lungs from air pollution. It can be found in whole grains, wheat germ, leafy green vegetables, sardines, egg yolks, and nuts.

**Vitamin K** helps to stop bleeding. It can be found in leafy green vegetables, liver, pork, and dairy products.

**B Vitamins** help make energy, protein and red blood cells. It can be found in whole grains, fish, seafood, poultry, meat, eggs, dairy products, leafy green vegetables, beans, peas, and citrus fruits.



**Calcium** helps build strong bones and teeth. It can be found in dairy products, broccoli, dark leafy green vegetables, tofu, and navy or white beans.

**Zinc** helps with growth. It can be found in meats, seafood, dairy products, whole grains, nuts, and dried beans.

**Iron** helps make red blood cells that carry oxygen and helps to build strong muscles. It can be found in leafy green vegetables, fortified cereals, beans, poultry, and red meat.

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**Calcium** is important for all kids, but especially teenage girls whose bones are growing quickly.



**Iron** is commonly prescribed to treat anemia in young children, who are not getting enough from the foods they eat. Foods with Vitamin C help the body absorb iron, whether the iron is in food, liquid, or pills.

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### *Welcome to Our Clinic!*

UCSF Valencia Health Services provides comprehensive care for infants, children, and teenagers.

- Well-Baby and Well-Child Exams
- Bilingual Staff (English/Spanish)
- Check-Ups and Sports Physicals
- Confidential Services for Teens
- Immunizations
- Family Planning
- Tuberculosis and Anemia Screening
- Health Education
- Sick Visits
- Nutrition Counseling
- Mental Health Counseling
- Referrals to Specialists
- Case Management for Clients with Chronic Conditions
- After-Hours Telephone Consultation for Urgent Problems
- Affiliation with Local Hospitals and UCSF

## VHS Staff

Clinical Director: Helen Martin, FNP  
Business Manager: Sandra Aguilar, BS  
Administration/Front Desk: Aracely Hernandez  
Administrative Biller: Teri Leary  
Programmer/Analyst: Jim Rutherford  
Project Assistant: Stacey Kramer

#### PROVIDERS:

Justine Barnard, PNP  
Larry Granader, MD  
Barbara Hollinger, FNP  
Naomi Schapiro, PNP  
Kristen Sligar, FNP  
Linda Torres, RN

#### MEDICAL ASSISTANTS:

Supervisor: Silvia Gutierrez  
Coranizeva Robles

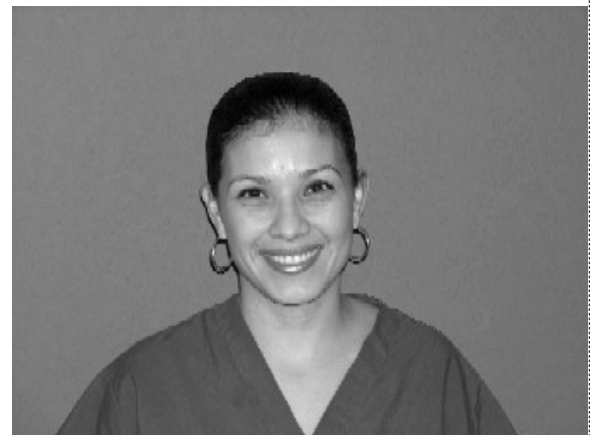
## MEET OUR NEW EMPLOYEES!



**Justine Barnard, Pediatric Nurse Practitioner**

**Started on March 21, 2006**

**Tuesday through Friday**



**Silvia Gutierrez, Medical Assistant Supervisor,**

**Start date: May 1, 2006**

**Monday through Friday**

## Did You Notice Our New Logo?

**You can find it on the first page of  
this Newsletter.**

### Reminders

- ◆ **PARKING:** If you park in the parking lot, you must park only in a VHS Parking Spot. Once in the clinic, please write the make, model, and color of your car next to your child's name when you sign in so that your car will not be towed.
- ◆ **PARENTS:** If you cannot accompany your child to an appointment, you must send (with a responsible adult) written permission for us to see and treat your child—and include a contact number.
- ◆ **URGENT CARE:** If your child is sick and it is not an emergency, please call us for advice or an appointment during business hours. We can often fit your child in with a clinician the same day.