

Nutrition Guidelines

Daily calorie requirements:

2-3 years: 1,000

4-8 years: 1,200-1,400

9-13 (female): 1,600

9-13 (male): 1,800

14-18 (female): 1,800

14-18 (male): 2,200



Dietary Sources of Calcium:

Calcium is crucial for building bone and teeth in children and maintaining bone mass in older children and adults

Milk, yogurt, cheese, bok choy, kale and broccoli, orange juice (fortified with calcium), tofu, salmon and cereals. Below are the recommended daily allowances based on age:

0-12 months: 200-250 mg

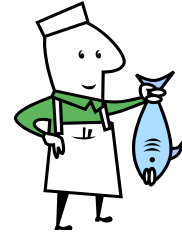
1-3 years: 700 mg

4-8 years: 1,000 mg

9-13 years: 1,300 mg

14-18 years: 1,300 mg

>19 years: 1,000 mg



Dietary Sources of Iron:

Iron is required for oxygen delivery to all cells.

Red meats, fish, poultry, lentils, beans, tuna, cereals, spinach and tofu

7-12 mo: 11 mg a day

1-3 years: 7 mg

4-8 years: 10 mg

9-13 years: 8 mg

14-18 years: 11 mg for males and 15 mg for females

<19 years: 8 mg for males and 18 mg for females

Dietary Sources of Protein:



Seafood, meat, milk, cheese, yogurt, eggs, beans, peas, nuts and soy

1-3 years old: 13 mg

4-8 years old: 19 mg

9-13 years old: 34 mg

14-18 years old: 52 mg for males and 46 mg for females

Click [here](#) for how many servings of a particular food they will require to meet the daily recommendations.

Great Source of Healthy Eating is : choosemyplate.gov