

Daily Recommendations Chart

Calorie recommendations are based on a child's age, sex, height, weight, and activity level. To reflect this variability, the Nutrient Recommendations by Age in the table below are given as a range for some nutrients.

Comparison of Daily Values (DV) on Food Labels to Nutritional Recommendations for Children						
Nutrient	DV	Nutrient Recommendations by Age (DRI)*				
		2 - 3 years	4 - 8 years	9 - 13 years	14 - 18 yr girls	14 - 18 yr boys
Protein (grams)	50	13	19	34	46	52
Iron (mg)	18	7	10	8	15	11
Calcium (mg)	1,000	500	800	1300	1300	1300
Vitamin A (IU)	5000	1000	1333	2000	2333	3000
Vitamin C (mg)	60	15	25	45	65	75
Fiber (g)	23	14 - 19	19 - 23	23- 28 (girls) 25- 31 (boys)	23	31-34
Sodium (mg)	2400	1000- 1500	1200- 1900	1500-2200	1500-2300	1500-2300
Cholesterol (mg)	300	<300 for over age 2	<300	<300	<300	<300
Total Fat (g)**	65	33 - 54 (30 -35% of calories)	39 - 62 (25 - 35% of calories)	62 - 85 (25 - 35% calories)	55 - 78 (25 - 35% calories)	61 - 95 (25 - 35% of calories)
Saturated Fat (g)**	20	12 - 16 (> age 2) (<10% calories)	16 to 18 (<10% calories)	girls: 18-22 boys: 20-24 (<10% calories)	22 (<10% calories)	24 - 27 (<10% calories)
Calories***	2000	1000 - 1400 (2-3 years)	1400-1600	girls: 1600-2000 boys: 1800-2200	2000	2200- 2400

DRI*: 1999 - 2002 Dietary Reference Intakes, Institutes of Medicine 2005 Dietary Guidelines

Source: USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine