

NUTRITION FOR ALL CHILDREN

Based on their age, what are my child's nutrition recommendations?

GIRLS AGE 9-13

CALORIES

1,400-
2,200



Grains: 5-7 oz.



Fruits: 1.5-2 cups
Veggies: 1.5-3 cups



Protein:
4-6 oz.

Dairy:
3 cups



BOYS AGE 14-18

CALORIES

2,000-
3,200



Grains: 6-10 oz.



Fruits: 2-2.5 cups
Veggies: 2.5-4 cups



Protein:
5.5-7 oz.

Dairy:
3 cups



GIRLS AGE 14-18

CALORIES

1,800-
2,400



Grains: 6-8 oz.



Fruits: 1.5-2 cups
Veggies: 2.5-3 cups



Protein:
5-6.5 oz.

Dairy:
3 cups



BOYS GIRLS AGE 18+

CALORIES

N/A



Grains: N/A



Fruits & Veggies:
N/A



Protein:
N/A

Dairy:
N/A



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Nutrition In Pediatrics

R Sanford



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