

Intake for active students

USDA based 2010

Final - 6/2/2010

Intake per meal (1/3 daily)

Breakfast 1st

		Per meal						
		k-3 (5-9 years)		4-8 (9-14 years)		9-12 (14-18 years)		
		minimum	maximum	minimum	maximum	minimum	maximum	
Calories		500	667	600	933	767	1100	
Protein	G	13	50	15	70	19	83	10-30% of min/max calories IOM DRI
Carbohydrates	G	58	84	70	102	87	126	
Fiber	G	10	-	13	-	13	-	
Sugars/sweeteners	G	-	31	-	38	-	48	<25% of min calories IOM DRI added
Fat (total)	G	14	22	17	31	22	37	<30% of max calories MPNSLP
<i>Trans</i> fat	G	-	0	-	0	-	0	As low as possible IOM DRI
Sodium	G	0.50	0.63	0.50	0.73	0.50	0.77	
		Below per meal average over a week						
Saturated fat	G	-	6	-	7	-	9	As low as possible <10% of calories MPNSLP
Calcium	mg	433	833	433	833	433	833	
Iron	mg	3	13	5	13	5	15	
Vitamin A	mcg	200	300	300	567	300	933	
Vitamin C*	mg	15	217	25	400	25	600	
Vitamin D*	mcg	3	17	3	17	3	17	American Acad. of Pediatrics
Vitamin E	mg	4	100	5	200	5	267	
Magnesium	mg	80	ND	137	ND	137	ND	
Potassium	G	1.5	ND	1.6	ND	1.6	ND	
Water (inc. food)	L	0.8	-	1.1	-	1.1	-	
Height		3' 6"	4' 4"	4' 4"	5' 4"	5' 3"	5' 10"	typical
Weight		40	64	64	111	108	150	typical

* - Favor higher limit October thru March

Data (except data in *italics*) from USDA web site:

<http://fnic.nal.usda.gov/interactiveDRI/>

Italic data sources:

IOM DRI - http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=256&topic_id=1342&level3_id=5141

DASH - http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/how_plan.html

MPNSLP - http://www.fns.usda.gov/cnd/menu/menu_planning.doc

American Academy of Pediatrics - <http://www.aap.org/new/VitaminDreport.pdf>