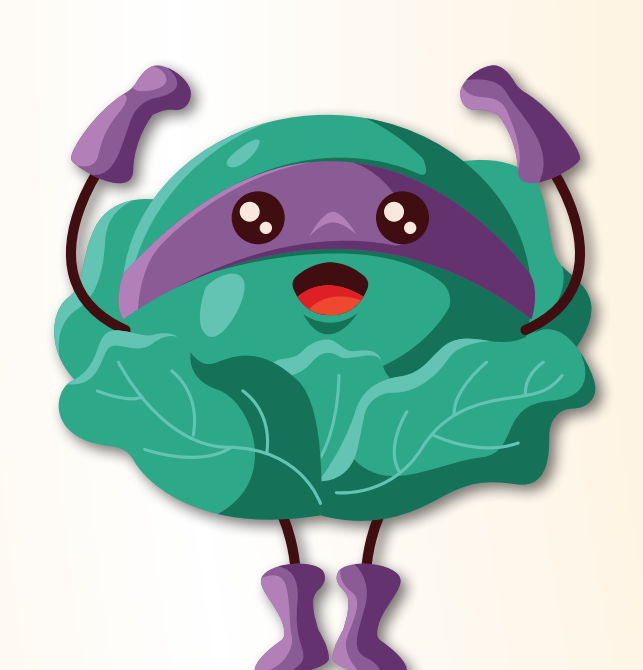


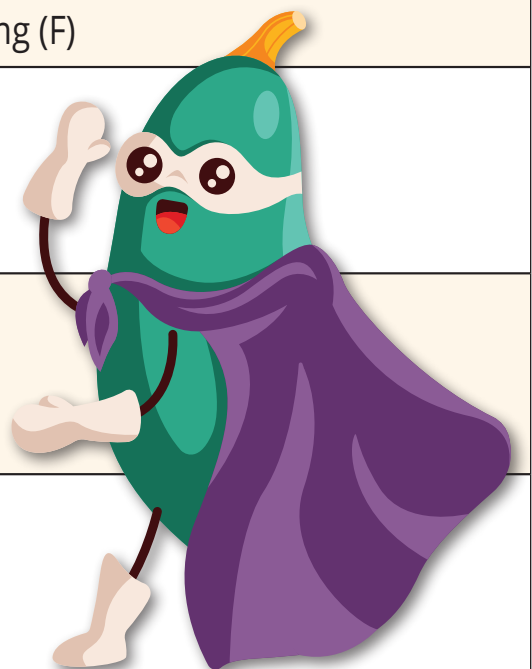
2025

tasteforlife

kids' nutrition chart



VITAMIN/MINERAL	ACTION	FOOD SOURCES	RDA/DIETARY INTAKE	
Fat-Soluble Vitamins <small>Note that some nutrient recommendations vary for males (M) and females (F).</small>				
a	Antioxidant needed for eye and skin health.	Fish liver oil; manufactured in the body from brightly colored fruit and veggies.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	300 micrograms (mcg) 400 mcg 600 mcg 900 mcg (M) 700 mcg (F)
d	Controls calcium levels; critical for bone and tooth development; modulates immune reponse, protecting against infection.	Cod liver oil, fatty fish, egg yolks, fortified dairy products.	1-18 yr	600 International Units (IU) (15 mcg)
e D-ALPHA TOCOPHEROL	Antioxidant involved in immune function and anti-inflammatory processes.	Wheat germ oil, almonds and other nuts, cold-pressed vegetable oils.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	6 milligrams (mg) 7 mg 11 mg 15 mg
k	Helps with blood clotting and bone formation and repair.	Cruciferous and leafy green vegetables.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	30 mcg 55 mcg 60 mcg 75 mcg
Water-Soluble Vitamins				
b ₁ THIAMINE	Enhances brain function, circulation, digestion, and energy production.	Brewer's yeast, dairy, egg yolks, wheat germ, whole grains, legumes, nuts, seeds.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	0.5 mg 0.6 mg 0.9 mg 1.2 mg (M) 1 mg (F)
b ₂ RIBOFLAVIN	Essential to antibody production, generation of energy, and tissue respiration; reduces effects of stress.	Almonds, breakfast cereals, meats, milk, soybeans, yogurt.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	0.5 mg 0.6 mg 0.9 mg 1.3 mg (M) 1 mg (F)
b ₃ NIACIN	Essential for healthy circulation, skin, and nerves; important for converting food to energy.	Beef liver, chicken, broccoli, carrots, eggs, fish, nuts, wheat germ, whole wheat.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	6 mg 8 mg 12 mg 16 mg (M) 14 mg (F)
b ₅ PANTOTHENIC ACID	Fights stress; enhances stamina.	Poultry, eggs, legumes, mushrooms, royal jelly, whole wheat.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	2 mg 3 mg 4 mg 5 mg
b ₆ PYRIDOXINE	Promotes red blood cell formation; important in sodium-potassium balance, metabolism, and immune function.	Bananas, brown rice, carrots, chicken, eggs, fish, potatoes, sunflower seeds, whole-grain cereals.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	0.5 mg 0.6 mg 1 mg 1.3 mg (M) 1.2 mg (F)
b ₉ FOLATE/FOLIC ACID	Important in genetic, metabolic, and nervous system processes; needed for healthy red blood cells.	Asparagus, black-eyed peas, brewer's yeast, fortified grains, leafy greens, lentils, lima beans, rice germ, spinach.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	150 mcg 200 mcg 300 mcg 400 mcg
b ₁₂	Prevents anemia; needed for cell formation, digestion, absorption of food, and metabolism.	Brewer's yeast, clams, dairy, eggs, fish, organ meats, sea vegetables, soy.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	0.9 mcg 1.2 mcg 1.8 mcg 2.4 mcg
biotin	Needed for synthesis and utilization of amino acids and fats; supports healthy hair, nails, and skin.	Meat, fish, eggs, fruit, milk, rice bran, vegetables, nuts.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	8 mcg 12 mcg 20 mcg 25 mcg
c	Antioxidant needed for many different metabolic functions in the body, including tissue growth and repair, as well as anti-inflammatory action.	Berries, citrus fruit, leafy greens, cauliflower, winter squash, asparagus.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	15 mg 25 mg 45 mg 75 mg (M) 65 mg (F)
Important Minerals				
calcium	Essential for strong bones and teeth, healthy gums, and muscle function.	Dairy (and fortified substitutes), leafy greens, sardines.	1-3 yr 4-8 yr 9-13 yr	700 mg 1,000 mg 1,300 mg
copper	Aids in red blood cell, bone, and collagen formation.	Almonds, avocados, legumes, broccoli, oats, seafood, soybeans.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	340 mcg 440 mcg 700 mcg 890 mcg
iron	Essential to blood cell production, normal growth and development, and immune health.	Eggs, fish, liver, meat, leafy vegetables, whole grains.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	7 mg 10 mg 8 mg 11 mg (M) 15 mg (F)
magnesium	Vital for enzyme activity and energy production.	Dairy, fish, leafy greens, meat, seafood.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	80 mg 130 mg 240 mg 410 mg (M) 360 mg (F)
manganese	Needed for fat and protein metabolism, energy production, healthy nerves, and immune system.	Avocados, nuts, seeds, sea vegetables, whole grains.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	1.2 mg 1.5 mg 1.9 mg (M) 1.6 mg (F) 2.2 mg (M) 1.6 mg (F)
selenium	Important for thyroid gland function.	Brazil nuts, brewer's yeast, broccoli, brown rice, seafood, meat, whole grains.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	20 mcg 30 mcg 40 mcg 55 mcg
zinc	Important in immune health; deficiency results in loss of senses of smell and taste.	Brewer's yeast, egg yolks, legumes, seafood, sea vegetables, whole grains.	1-3 yr 4-8 yr 9-13 yr 14-18 yr	3 mg 5 mg 8 mg 11 mg (M) 9 mg (F)



SELECTED SOURCES “Dietary Guidelines for Americans, 2020-2025,” DietaryGuidelines.gov ● “Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes,” US Dept. of Agriculture, www.nutrition.gov ● “Multiple micronutrient supplementation for improving cognitive performance in children . . .” by A. Eilander et al., American Journal of Clinical Nutrition

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