

Daily Nutritional Guidelines:

(As suggested by Mayo Clinic)

Ages 2 to 3 (Boys & Girls):

Calories = 1,000-1,400, depending on growth and activity level

Protein = 2-4 ounces, Grains = 3-5 ounces, Dairy = 2 cups

Fruits = 1-1.5 cups, Vegetables = 1-1.5 cups

Ages 4 to 8 (Girls):

Calories = 1,200-1,800, depending on growth and activity level

Protein = 3-5 ounces, Grains = 4-6 ounces, Dairy = 2.5 cups

Fruits = 1-1.5 cups, Vegetables = 1.5-2.5 cups

Ages 4 to 8 (Boys):

Calories = 1,200-2,000, depending on growth and activity level

Protein = 3-5.5 ounces, Grains = 4-6 ounces, Dairy = 2.5 cups

Fruits = 1-2 cups, Vegetables = 1.5-2.5 cups

Ages 9 to 13 (Girls):

Calories = 1,400-2,200, depending on growth and activity level

Protein = 4-6 ounces, Grains = 5-7 ounces, Dairy = 3 cups

Fruits = 1.5-2 cups, Vegetables = 1.5-3 cups

Ages 9 to 13 (Boys):

Calories = 1,600-2,600, depending on growth and activity level

Protein = 5-6.5 ounces, Grains = 5-9 ounces, Dairy = 3 cups

Fruits = 1.5-2 cups, Vegetables = 2-3.5 cups

Ages 14 to 18 (Girls):

Calories = 1,800-2,400, depending on growth and activity level

Protein = 5-6.5 ounces, Grains = 6-8 ounces, Dairy = 3 cups

Fruits = 1.5-2 cups, Vegetables = 2.5-3 cups

Ages 14 to 18 (Boys):

Calories = 2,000-3,200, depending on growth and activity level

Protein = 5.5-7 ounces, Grains = 6-10 ounces, Dairy = 3 cups

Fruits = 2-2.5 cups, Vegetables = 2.5-4 cups

To gain muscle in athletes & active children, a simple equation would be:

1g of protein per lb of body weight, or targeted body weight per day