

# Kids Nutrition



## Daily Food Needs By Age

<b>Age</b>	<b><u>1-3 yrs</u></b>	<b><u>4-5 yrs</u></b>	<b><u>6-11 yrs</u></b>
<b>Calories</b>	1,000 - 1,400	1,200 - 1,600	1,600 - 2,000
<b>Fruits</b>	1 – 1 ½ cups	1 – 1 ½ cups	1 ½ cups
<b>Vegetables</b>	1 – 1 ½ cups	1 ½ - 2 cups	2 – 2 ½ cups
<b>Grains</b>	3 - 5 oz	4 - 5 oz	5 - 6 oz
<b>Meat and Beans</b>	2 - 4 oz	3 - 5 oz	4 - 6 oz
<b>Milk</b>	2 cups	2 - 3 cups	3 - 4 cups
<b>Oils and Fats</b>	3 - 4 tsp	4 - 5 tsp	5 - 6 tsp

## Healthy Snack Options –

**Try to pair a carb with a protein for good “holding power”**

- *Fresh Fruit (carb)*
- *Light microwave popcorn (carb)*
- *Graham Crackers (carb)*
- *Animal Crackers (carb)*
- *Pretzels (carb)*
- *Dry cereal (carb)*
- *Frozen 100% Fruit Juice Bars (carb)*
- *Low Fat Yogurt (carb and protein)*
- *Low Fat Pudding (carb and protein)*
- *Chocolate Milk (carb and protein)*
- *Low fat String Cheese (protein)*
- *Hard Boiled Egg (protein)*
  
- *Raw Vegetables with light ranch dressing (no carb or protein – these are “free”)*

## Child Supplements – Yes or No?

Ask 10 dietitians and pediatricians, and you will get 10 different opinions. In general, a multivitamin is not harmful, and may help those kids who are picky eaters. If you are not sure that your child is meeting his/her needs, a chewable over-the-counter multivitamin once a day is like an insurance plan.

## What about Vitamin D?

Vitamin D is the exception. Current research indicates it is impossible to get enough vitamin D from food and safe sun exposure to prevent certain diseases. The current recommendation is 400 IU per day, but will likely be increased to 800-1000 IU per day for children within the next few years.

