

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>