



This appendix is largely derived from the USDA¹ but is supplemented from other sources.

Daily Nutrition Requirements (all amount in grams)

Category	Age in Years				Healthy Sources	Unhealthy Sources
	1-3	4-8	9-13	14-18		
Calories	800-1200	1200-1400	1600-2000(B) 1400-2000(G)	2000-2200(B) 1800 (G)		
Sugar	24	24	24	24	Milk, Fruit, Vegetables, Unsweetened Greek Yogurt	High Fructose Corn Syrup, Candy, Ice Cream, Juice, Soda
Fat	33	39	62	62 (B) 55 (G)	Avocados, Nuts, Fish, Olive Oil, lean red meat, skinless poultry	Snack foods, butter
Saturated Fat	<12-16	<16-18	<20-24 (B) <18-22 (G)	<24-27 (B) <22 (G)		
Sodium	1000-1500	1200-1900	1500-2200	1500-2300	Dairy products, beets, celery	Fast food, canned soup, processed foods, salt
Carbs	130	130	130	130	Fruits, Beans, Peas, Whole Wheat Products	Candy, Soda, Pastries, Sugary Cereal, White Bread
Fiber	14	20 (B) 17 (G)	25 (B) 22 (G)	31(B) 25 (G)	Beans, whole grains, brown rice, popcorn	Fiber added processed foods
Protein	13	19	34	52 (B) 46 (G)	Canned tuna, eggs, natural peanut butter, edamame, black beans	Beef jerky, sausage, fast food

¹ Dietary Guidelines for Americans 2015-2020 published by the U.S. Department of Agriculture, 2015