



Nutrition dietary guidelines from Mayo Clinic

Ages 4 to 8: Daily guidelines for girls

Calories: 1,200 – 1,800 (depending on growth and activity level)
Protein: 3 - 5 oz
Fruits: 1 - 1.5 cups
Vegetables: 1.5 - 2.5 cups
Grains: 4 - 6 oz
Dairy: 2.5 cups

Ages 4 to 8: Daily guidelines for boys

Calories: 1,200 – 2,000 (depending on growth and activity level)
Protein: 3 - 5.5 oz
Fruits: 1 - 2 cups
Vegetables: 1.5 - 2.5 cups
Grains: 4 - 6 oz
Dairy: 2.5 cups

Ages 9 to 13: Daily guidelines for girls

Calories: 1,400 – 2,200 (depending on growth and activity level)
Protein: 4 - 6 oz
Fruits: 1.5 - 2 cups
Vegetables: 1.5 - 3 cups
Grains: 5 - 7 oz
Dairy: 3 cups

Ages 9 to 13: Daily guidelines for boys

Calories: 1,600 – 2,600 (depending on growth and activity level)
Protein: 5 - 6.5 oz
Fruits: 1.5 - 2 cups
Vegetables: 2 - 3.5 cups
Grains: 5 - 9 oz
Dairy: 3 cups

Ages 14 to 18: Daily guidelines for girls

Calories: 1,800 – 2,400 (depending on growth and activity level)
Protein: 5 - 6.5 oz
Fruits: 1.5 - 2 cups
Vegetables: 2.5 - 3 cups
Grains: 6 - 8 oz
Dairy: 3 cups

Ages 14 to 18: Daily guidelines for boys

Calories: 2,000 – 3,200 (depending on growth and activity level)
Protein: 5.5 - 7 oz
Fruits: 2 - 2.5 cups
Vegetables: 2.5 - 4 cups
Grains: 6 - 10 oz
Dairy: 3 cups