

Daily Caloric Recommendations	Female		Male	
	9-13yo	14-18yo	9-13yo	14-18yo
<b>Protein % of Calories</b>	10-30%			
<b>Carbohydrate % of Calories</b>	45-65%			
<b>Fiber (g)</b> fruits, vegetables, grains, beans, cereals	22	25	25	31
<b>Fat % of Calories</b>	25-35% Saturated fats <10%, Linoleic acid 5-10%, alpha-Linolenic acid: 0.6-1.2%, Cholesterol <300mg			
<b>Calcium (mg)</b> dairy products, calcium enriched orange juice, green leafy vegetables, sardines, soymilk, tofu or antacid tablets	1300			
<b>Iron (mg)</b> meats, green vegetable, cereals fortified with iron, fish, poultry, eggs, and nuts	8	15	8	11
<b>Magnesium (mg)</b> fruits, vegetables, lean meats, poultry, fish, nuts, seeds, legumes, whole grains	240	360	240	410
<b>Phosphorous (mg)</b>	1250			
<b>Potassium (mg)</b>	4500	4700	4500	4700
<b>Sodium (mg)</b> compare sodium in foods	1500-2300			
<b>Zinc (mg)</b> seafood, meat, poultry, eggs, beans and peas, soy products, nuts, and seeds	8	9	8	11
<b>Copper (mcg)</b>	700	890	700	890
<b>Selenium (mcg)</b> whole grains	40	55	40	55