

kids' nutrition chart



VITAMIN/MINERAL	ACTION	FOOD SOURCES	RDA/DIETARY INTAKE
Fat-Soluble Vitamins Note that some nutrient recommendations vary for males (M) and females (F).			
a	Antioxidant needed for eye and skin health.	Fish liver oil; manufactured in the body from brightly colored fruit and veggies.	1-3 yr 300 micrograms (mcg) 4-8 yr 400 mcg 9-13 yr 600 mcg 14-18 yr 900 mcg (M) 700 mcg (F)
d	Controls calcium levels; critical for bone and tooth development; modulates immune response, protecting against infection.	Cod liver oil, fatty fish, egg yolks, fortified dairy products.	1-18 yr 600 International Units (IU) (15 mcg)
e D-ALPHA TOCOPHEROL	Antioxidant involved in immune function and anti-inflammatory processes.	Wheat germ oil, almonds and other nuts, cold-pressed vegetable oils.	1-3 yr 6 milligrams (mg) 4-8 yr 7 mg 9-13 yr 11 mg 14-18 yr 15 mg
k	Helps with blood clotting and bone formation and repair.	Cruciferous and leafy green vegetables.	1-3 yr 30 mcg 4-8 yr 55 mcg 9-13 yr 60 mcg 14-18 yr 75 mcg
Water-Soluble Vitamins			
b₁ THIAMINE	Enhances brain function, circulation, digestion, and energy production.	Brewer's yeast, dairy, egg yolks, wheat germ, whole grains, legumes, nuts, seeds.	1-3 yr 0.5 mg 4-8 yr 0.6 mg 9-13 yr 0.9 mg 14-18 yr 1.2 mg (M) 1 mg (F)
b₂ RIBOFLAVIN	Essential to antibody production, generation of energy, and tissue respiration; reduces effects of stress.	Almonds, breakfast cereals, meats, milk, soybeans, yogurt.	1-3 yr 0.5 mg 4-8 yr 0.6 mg 9-13 yr 0.9 mg 14-18 yr 1.3 mg (M) 1 mg (F)
b₃ NIACIN	Essential for healthy circulation, skin, and nerves; important for converting food to energy.	Beef liver, chicken, broccoli, carrots, eggs, fish, nuts, wheat germ, whole wheat.	1-3 yr 6 mg 4-8 yr 8 mg 9-13 yr 12 mg 14-18 yr 16 mg (M) 14 mg (F)
b₅ PANTOTHENIC ACID	Fights stress; enhances stamina.	Poultry, eggs, legumes, mushrooms, royal jelly, whole wheat.	1-3 yr 2 mg 4-8 yr 3 mg 9-13 yr 4 mg 14-18 yr 5 mg
b₆ PYRIDOXINE	Promotes red blood cell formation; important in sodium-potassium balance, metabolism, and immune function.	Bananas, brown rice, carrots, chicken, eggs, fish, potatoes, sunflower seeds, whole-grain cereals.	1-3 yr 0.5 mg 4-8 yr 0.6 mg 9-13 yr 1 mg 14-18 yr 1.3 mg (M) 1.2 mg (F)
b₉ FOLATE/FOLIC ACID	Important in genetic, metabolic, and nervous system processes; needed for healthy red blood cells.	Asparagus, black-eyed peas, brewer's yeast, fortified grains, leafy greens, lentils, lima beans, rice germ, spinach.	1-3 yr 150 mcg 4-8 yr 200 mcg 9-13 yr 300 mcg 14-18 yr 400 mcg
b₁₂	Prevents anemia; needed for cell formation, digestion, absorption of food, and metabolism.	Brewer's yeast, clams, dairy, eggs, fish, organ meats, sea vegetables, soy.	1-3 yr 0.9 mcg 4-8 yr 1.2 mcg 9-13 yr 1.8 mcg 14-18 yr 2.4 mcg
biotin	Needed for synthesis and utilization of amino acids and fats; supports healthy hair, nails, and skin.	Meat, fish, eggs, fruit, milk, rice bran, vegetables, nuts.	1-3 yr 8 mcg 4-8 yr 12 mcg 9-13 yr 20 mcg 14-18 yr 25 mcg
c	Antioxidant needed for many different metabolic functions in the body, including tissue growth and repair, as well as anti-inflammatory action.	Berries, citrus fruit, leafy greens, cauliflower, winter squash, asparagus.	1-3 yr 15 mg 4-8 yr 25 mg 9-13 yr 45 mg 14-18 yr 75 mg (M) 65 mg (F)
Important Minerals			
calcium	Essential for strong bones and teeth, healthy gums, and muscle function.	Dairy (and fortified substitutes), leafy greens, sardines.	1-3 yr 700 mg 4-8 yr 1,000 mg 9-13 yr 1,300 mg
copper	Aids in red blood cell, bone, and collagen formation.	Almonds, avocados, legumes, broccoli, oats, seafood, soybeans.	1-3 yr 340 mcg 4-8 yr 440 mcg 9-13 yr 700 mcg 14-18 yr 890 mcg
iron	Essential to blood cell production, normal growth and development, and immune health.	Eggs, fish, liver, meat, leafy vegetables, whole grains.	1-3 yr 7 mg 4-8 yr 10 mg 9-13 yr 8 mg 14-18 yr 11 mg (M) 15 mg (F)
magnesium	Vital for enzyme activity and energy production.	Dairy, fish, leafy greens, meat, seafood.	1-3 yr 80 mg 4-8 yr 130 mg 9-13 yr 240 mg 14-18 yr 410 mg (M) 360 mg (F)
manganese	Needed for fat and protein metabolism, energy production, healthy nerves, and immune system.	Avocados, nuts, seeds, sea vegetables, whole grains.	1-3 yr 1.2 mg 4-8 yr 1.5 mg 9-13 yr 1.9 mg (M) 1.6 mg (F) 14-18 yr 2.2 mg (M) 1.6 mg (F)
selenium	Important for thyroid gland function.	Brazil nuts, brewer's yeast, broccoli, brown rice, seafood, meat, whole grains.	1-3 yr 20 mcg 4-8 yr 30 mcg 9-13 yr 40 mcg 14-18 yr 55 mcg
zinc	Important in immune health; deficiency results in loss of senses of smell and taste.	Brewer's yeast, egg yolks, legumes, seafood, sea vegetables, whole grains.	1-3 yr 3 mg 4-8 yr 5 mg 9-13 yr 8 mg 14-18 yr 11 mg (M) 9 mg (F)

SELECTED SOURCES "Dietary Guidelines for Americans, 2020-2025," DietaryGuidelines.gov • "Dietary Reference Intakes (DRIs): Recommended Dietary Allowances and Adequate Intakes," US Dept. of Agriculture, www.nutrition.gov • "Multiple micronutrient supplementation for improving cognitive performance in children..." by A. Eilander et al., American Journal of Clinical Nutrition

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