weissbluth pediatrics
737 N. Michigan Ave., Ste. 820 · Chicago, IL 60611
1471 S. Michigan Ave. · Chicago, IL 60605
P 312.202.0300 · F 312.202.0383
www.weissbluthpediatrics.com

Recommendations for Healthy Eating

	Calcium	Vitamin D	Protein	Iron
	(mg)	(IU)	(g)	(mg)
Infants				
0-6 months	200	400	13	6
6-12 months	260	400	14	10
Children				
1-3 years	700	600	16	10
4-8 years	1000	600	24-28	10
9-14 years	1300	600	28-45	10-12
15-18 years	1300	600	59	12

Calcium, content of selected foods (mg)

Yogurt, 1 cup……	300	Mac and cheese, ½ cup……	180
Milk, 1 cup……	300	Calcium fortified bread, 1 slice	100
Cheddar cheese, 1 oz……	200	Calcium fortified cereal, 1 cup..	150
American cheese, 1 oz…..	160	Broccoli, 1 stalk……	160
Frozen yogurt, ½ cup……	150	Spinach, 1 cup……..	200
Tofu, half cup……	260	Snap beans, 1 cup……	70
Ice cream, 1 cup……	200	Orange, 1 medium……	54
Pudding, 1 cup…….	250	Dried apricots……..	100
Cottage cheese, 12 oz…..	320		

Iron content of selected foods (mg)

Spinach, 1 cup…….....	3.21	Chicken, 3.5 oz……..	1.21
Baked potato……	2.75	Egg……	1.04
Hamburger…….....	2.35	Brown Rice, 1 cup……	1.00
Soybeans, 1 cup…….....	2.25	Broccoli, half cup……..	0.89
Beef hot dog……	0.81	Raisins, half cup……	2.08
Oatmeal, ½ cup……	0.81	Grapes, 1 cup…….	0.41
Avocado…….....	2.04	Halibut, 3 oz……..	0.91
Mini wheat cereal……..	80% daily value		
Cheerios, 1 cup…….....	45% daily value		
Whole wheat bread, 1 slice…	6% daily value		

Fiber recommendations (over 3 years), Age +5 grams/day

Sources: fiber rich cereal, whole grain bread (whole wheat, bran, rye, pumpernickel, oatmeal), fresh fruit and raw vegetables (with skin on), popcorn, nuts.