

Understanding food labels and nutrition recommendations by age

Making sure your child is consuming the right nutrients can be crucial to their development. Children have different needs as they grow and their diets must grow alongside them.

Nutrition Facts

For the ideal snack, ages **1 to 3**

Serving size 1 per container

Amount per serving

Calories 100

Grams needed per day

Total Fat

Saturated Fat

Trans Fat

Cholesterol <300mg

Sodium <200mg

Total Carbohydrate 130g

Dietary Fiber >3g (per serving)

Total Sugars <10g (per serving)

Look for Added Sugars

Protein >5g (per serving)

Vitamin A (immune function)

Vitamin C (skin health)

Vitamin D (calcium absorption)

Potassium (cell function)

Calcium (teeth and bone strength)

700 mg

Iron (blood health and cognitive development)

Nutrition Facts

For the ideal snack, ages **4 to 8**

Serving size 1 per container

Amount per serving

Calories 100 - 150

Grams needed per day

Total Fat

Saturated Fat

Trans Fat

Cholesterol <300mg

Sodium <200mg

Total Carbohydrate 130g

Dietary Fiber >3g (per serving)

Total Sugars <10g (per serving)

Look for Added Sugars

Protein >6g (per serving)

Vitamin A (immune function)

Vitamin C (skin health)

Vitamin D (calcium absorption)

Potassium (cell function)

Calcium (teeth and bone strength)

1000 mg

Iron (blood health and cognitive development)

Nutrition Facts

For the ideal snack, ages **9 to 13**

Serving size 1 per container

Amount per serving

Calories 150 - 200

Grams needed per day

Total Fat

Saturated Fat

Trans Fat

Cholesterol <300mg

<300mg

Sodium <200mg

<200mg

Total Carbohydrate 130g

130g

Dietary Fiber >3g (per serving)

Total Sugars <10g (per serving)

Look for Added Sugars

Protein >6g (per serving)

Vitamin A (immune function)

Vitamin C (skin health)

Vitamin D (calcium absorption)

Potassium (cell function)

Calcium (teeth and bone strength)

1300 mg

Iron (blood health and cognitive development)

Get enough of these
essential nutrients

Limit these
nutrients