

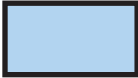
Understanding food labels and nutrition recomendations by age

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	>5g (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
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)	1300 mg
Iron (blood health and cognitive development)	



Get enough of these essential nutrients



Limit these nutrients