

Good nutrition helps build strong bones and muscles

Calcium Needs	
Ages	Amount mg/day
Birth–6 months	210
6 months–1 year	270
1–3	500
4–8	800
9–13	1300
14–18	1300
19–30	1000
31–50	1000
51–70	1200
70 or older	1200
Pregnant & Lactating	1000
14–18	1300
19–50	1000

Iron Needs	
Gender/Age	Amount/day
Teenage girls 14-18	15 mg
Pregnant Teenage girls	27 mg
Breastfeeding Teenage girls	10 mg
Teenage boys 14-18	11 mg
Women 19 -50	18 mg
Pregnant women	27 mg
Breastfeeding women	9 mg
Women 51 and older	8 mg
Men 19 and older	8 mg

Vitamin C Needs Healthy Non Smokers: (Smokers add additional 35 mg/day)	
Gender/Age	Amount/day
Teenage Boys 14-18	75 mg
Teenage Girls 14-18	65 mg
Pregnant or Breastfeeding Teenage Girls	80-115 mg
Men 19 and older	90 mg
Women 19 and older	75 mg
Breastfeeding Women	85-120 mg

General Protein Needs	
Gender/Age	Amount/day
Teenage Boys 14-18	52 grams
Men 19 yrs and older	56 grams
Teenage girls & Women	46 grams
Pregnant or Nursing Teenagers & Women	71 grams

Vitamin D Needs:	
Ages	Amount IU/day
50 years old or younger	200 International Units (IU)
51-70 years old	400 IU
71 and older	600 IU