

<b>Nutrient:</b>	<b>Recommended Daily Intake:</b>	<b>Foods You Can Eat:</b>
<b>Calcium</b>	Infants, 0-3 years: 200-700 mg Children, 4-8 years: 1,000 mg Children/Teens 9-18 years: 1,300 mg Men, ages 19-70: 1,000 mg Women, 19-50 years: 1,000 mg Women, 51-70 years: 1,200 mg Adults, 71+ years: 1,200 mg	Milk/milk products, cheeses, yogurt, kale, broccoli, salmon, sardines, etc.  Many breakfast cereals are also fortified with calcium.
<b>Fiber</b>	Children, 1-3 years: 19 grams Children, 4-8 years: 25 grams Men, 9-13 years: 31 grams Men, 14-50 years: 38 grams Women, 9-50 years: 25 grams Men, 50+ years: 30 grams Women, 50+ years: 21 grams	Whole grains, oats, legumes (beans), fruits, vegetables, popcorn, high-fiber breakfast cereals, etc.
<b>Vitamin D</b>	Infants, 0-12 months: 400 IU Children/Adults, 1-70 years: 600 IU Adults, 71+ years: 800 IU	Fatty fish (i.e. salmon, tuna, mackerel), mushrooms, milk, cheese, egg yolks, breakfast cereals, etc.  *The body also makes vitamin D when the skin is directly exposed to the sun.
<b>Omega-3 fatty acids</b>	Teens/Adults: approx. 4 grams (Eating non-fried fish <u>twice a week</u> is one way to help you consume enough omega-3 fats.)	Fatty fish (such as salmon, tuna, halibut, sardines, etc.), walnuts, vegetable oils, soybeans, flaxseed, flaxseed oil, fish-oil, etc.
<b>Protein</b>	Infants, 0-12 months: 9-11 grams Children, 1-3 years: 13 grams Children, 4-8 years: 19 grams Children, 9-13 years: 34 grams Teens/Adults, 14+ years: 50 grams	Lean meat, poultry, fish, beans, eggs, cheese, yogurt, legumes, grains, nuts, seeds, vegetables, etc.
<b>Iron</b>	Infants, 7-12 months: 11 mg Children, 1-3 years: 7 mg Children, 4-8 years: 10 mg Children, 9-13 years: 8 mg Men, 14-18 years: 11 mg Women, 14-18 years: 15 mg Men, 19-50 years: 8 mg Women, 19-50 years: 18 mg Adults, 51+ years: 8 mg	Lean meats, fish, seafood (such as crab, shrimp, etc.), lentils, beans, soybeans, spinach, ready-to-eat cereal, raisins, oatmeal, bread, etc.