

Recommended daily intake

Source – NHS Choices (www.nhs.uk) and www.kidshealth.org



Fibre

2-5-year-olds: about 15g

5-11-year-olds: about 20g

11-16-year-olds: about 25g

16-18-year-olds: about 30g

Adults need 30-40g per day

Vitamin A

Teen males need 0.9mg of Vitamin A per day

Teen females need 0.7mg of Vitamin A per day

0.7mg a day for men

0.6mg a day for women



Vitamin C

Teen males 11-18 need 75mg of Vitamin C a day

Teen females need 65mg of Vitamin C a day

Adults need 40mg of vitamin C a day

Calcium

Children need 1300mg of calcium a day

Adults need 700mg of calcium a day

Iron

Teens 11-18 need 11 mg a day

Teens 11-18 need 15mg a day

8.7mg a day for men

14.8mg a day for women

