



# FIGURING OUT FOOD LABELS *for Kids*

How to translate the RDA on a Clif Kid ZBaR for *your* kid:

	Amount/Serving	% Daily Value (DV)	% RDA for 4-8 yo	% RDA for 9-13 yo
Calories	140	7%	10-12%	8-9%
Protein	3 g	6%	13-16%	8-9%
Fat	2-5 g	3-5%	6-10%	6-10%
Carbohydrates	20-26 g	7-9%	15-20%	15-20%
Fiber	2-3 g	8-12%	8-10%	8-10%
Vitamin C	21 mg	35%	84%	46%
Calcium	200 mg	30%	38%	23%
Iron	1.8 mg	10%	18%	23%
Phosphorus	60 mg	6%	12%	23%
Zinc	2.25 mg	15%	45%	28%
Thiamin (Vitamin B1)	0.45 mg	30%	75%	50%
Riboflavin (Vitamin B2)	0.26 mg	15%	43%	29%
Niacin (Vitamin B3)	4 mg	20%	50%	33%
Vitamin B6	0.4 mg	20%	66%	40%
Folate (Folic Acid)	80 mcg	20%	40%	27%
Vitamin B12	0.6 mcg	10%	50%	33%
Vitamin A	140 mcg	6%	35%	35%

A label's Percent Daily Value is based on a grown-up's needs. Here's the RDA for kids:

	FDA Reference Values	RDA 4-8 yo	RDA 9-13 yo
Calories	2000	1200-1400	1600-1800
Protein	50 g	19-24 g	34-40 g
Fat	65 g	25%-35% of total calories	25%-35% of total calories
Carbohydrates	300 g	45%-65% of total calories	45%-65% of total calories
Fiber	25 g	25 g	26-31 g
Vitamin C	60 mg	25 mg	45 mg
Calcium	1000 mg	800 mg	1300 mg
Iron	18 mg	10 mg	8 mg
Phosphorus	1000 mg	500 mg	1250 mg
Zinc	15 mg	5 mg	8 mg
Thiamin (Vitamin B1)	1.5 mg	0.6 mg	0.9 mg
Riboflavin (Vitamin B2)	1.7 mg	0.6 mg	0.9 mg
Niacin (Vitamin B3)	20 mg	8 mg	12 mg
Vitamin B6	2 mg	0.6 mg	1 mg
Folate (Folic Acid)	400 mcg	200 mcg	300 mcg
Vitamin B12	4 mcg	1.2 mcg	1.8 mcg
Vitamin A	5000 IU	400 mcg	600 mcg