

# Pediatric Nutrition

for Toddlers, School-aged Children,  
Adolescents, and Young Adults

A CLINICAL SUPPORT CHART



American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN®



Thank you to the AAP Committee on Nutrition for their expert reviews.

**American Academy of Pediatrics Publishing Staff**

Mary Lou White, *Chief Product and Services Officer/SVP, Membership, Marketing, and Publishing*

Mark Grimes, *Vice President, Publishing*

Heather Babiar, MS, *Senior Editor, Professional/Clinical Publishing*

Theresa Wiener, *Production Manager, Clinical and Professional Publications*

Amanda Helmholtz, *Medical Copy Editor*

Mary Louise Carr, MBA, *Marketing Manager, Clinical Publications*

Published by the American Academy of Pediatrics

345 Park Blvd

Itasca, IL 60143

Telephone: 630/626-6000

Facsimile: 847/434-8000

[www.aap.org](http://www.aap.org)

The American Academy of Pediatrics is an organization of 67,000 primary care pediatricians, pediatric medical subspecialists, and pediatric surgical specialists dedicated to the health, safety, and well-being of all infants, children, adolescents, and young adults.

While every effort has been made to ensure the accuracy of this publication, the American Academy of Pediatrics does not guarantee that it is accurate, complete, or without error.

The recommendations in this publication do not indicate an exclusive course of treatment or serve as a standard of medical care.

Variations, taking into account individual circumstances, may be appropriate.

Any websites, brand names, products, or manufacturers are mentioned for informational and identification purposes only and do not imply an endorsement by the American Academy of Pediatrics (AAP).

The AAP is not responsible for the content of external resources. Information was current at the time of publication.

The publishers have made every effort to trace the copyright holders for borrowed materials. If they have inadvertently overlooked any, they will be pleased to make the necessary arrangements at the first opportunity.

This publication has been developed by the American Academy of Pediatrics. No commercial involvement of any kind has been solicited or accepted in the development of the content of this publication.

Every effort has been made to ensure that the drug selection and dosages set forth in this publication are in accordance with the current recommendations and practice at the time of publication.

It is the responsibility of the health care professional to check the package insert of each drug for any change in indications or dosage and for added warnings and precautions.

Every effort is made to keep *Pediatric Nutrition for Toddlers, School-aged Children, Adolescents, and Young Adults: A Clinical Support Chart* consistent with the most recent advice and information available from the American Academy of Pediatrics.

Please visit [www.aap.org/errata](http://www.aap.org/errata) for an up-to-date list of any applicable errata for this publication.

Standard purchase price includes a license for one user. Licensing for additional users may be purchased.

Special discounts are available for bulk purchases of this publication. Email Special Sales at [nationalaccounts@aap.org](mailto:nationalaccounts@aap.org) for more information.

© 2024 American Academy of Pediatrics

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means—electronic, mechanical, photocopying, recording, or otherwise—without prior permission from the publisher (locate title at <https://publications.aap.org/aapbooks> and click on © Get Permissions; you may also fax the permissions editor at

847/434-8780 or email [permissions@aap.org](mailto:permissions@aap.org)).

First edition published 2024.

Printed in the United States of America

9-500/1023 1 2 3 4 5 6 7 8 9 10

MA1108

ISBN: 978-1-61002-683-3

eBook: 978-1-61002-684-0

Cover and publication design by LSD DESIGN LLC



# Contents

Page		
1	Tab 1	Nutritional Assessment
3	Tab 2	Biochemical Nutritional Values
5	Tab 3	Daily Nutritional Goals, Ages 2 and Older
7	Tab 4	Caloric Needs per Day
8	Tab 5	Key Eating Recommendations and Serving Sizes
9	Tab 6	Healthy Dietary Pattern for Ages 2–8 and 9–13
11	Tab 7	Healthy Dietary Pattern for Ages 14–18
12	Tab 8	Additional Adolescent Nutrient-Specific Concerns
13	Tab 9	Nutrition for Young Athletes
15	Tab 10	Vegetarian and Vegan Diets
17	Tab 11	Cholesterol
19	Tab 12	Vitamin D
21	Tab 13	Iron-Dense Foods
23	Tab 14	Calcium-Dense Foods
25	Tab 15	Fiber-Dense Foods
27	Tab 16	Potassium-Dense Foods
29	Tab 17	Fats
31	Tab 18	Beverages and Milk
33	Tab 19	Vitamin Deficiency
35	Tab 20	Picky Eating/Feeding Difficulties
37	Tab 21	Malnutrition
39	Tab 22	Eating Disorders
43	Tab 23	Food Insecurity

## Equity, Diversity, and Inclusion Statement

The American Academy of Pediatrics is committed to principles of equity, diversity, and inclusion in its publishing program. Editorial boards, author selections, and author transitions (publication succession plans) are designed to include diverse voices that reflect society as a whole. Editor and author teams are encouraged to actively seek out diverse authors and reviewers at all stages of the editorial process. Publishing staff are committed to promoting equity, diversity, and inclusion in all aspects of publication writing, review, and production.

Please note that use of the terms *male* and *female* in this chart refer to biological/natal sex.