






IMPORTANT NUTRIENTS FOR TODDLERS

NUTRIENT	RECOMMENDED DAILY ALLOWANCE (RDA)	SOURCES
Calcium	<p>1 to 3 years old: 700 mg/day</p> <ul style="list-style-type: none"> - Bone formation and muscle and nerve functioning 	<ul style="list-style-type: none"> • Calcium-fortified orange juice (500 mg) • Calcium-fortified soy beverage (80 to 500 mg) • Yogurt (338 to 452 mg) • Low-fat milk (305 mg) • Cheese (307 to 452 mg) 
Vitamin D	<p>1 to 3 years old: 600 IU/day</p> <ul style="list-style-type: none"> - Absorption of calcium and phosphorus, prevention of chronic disease - Sunlight is not a reliable source of vitamin D 	<ul style="list-style-type: none"> • Sockeye salmon (792 IU) • Canned light tuna in water (152 IU) • Vitamin-fortified orange juice (136 IU) • Low-fat milk (116 IU) • Soymilk (108 mg) • Egg (28 mg) 
Vitamin E	<p>1 to 3 years old: 6 mg/day</p> <ul style="list-style-type: none"> - 63% of toddlers have lower than recommended levels of vitamin E 	<ul style="list-style-type: none"> • Fortified ready-to-eat cereals (3.2 to 13.5 mg) • Sunflower seeds (7.4 mg) • Almonds (6.8 mg) • Sunflower oil (5.6 mg) • Mixed nuts (3.1 mg) • Peanut butter (2.9 mg) 
Iron	<p>1 to 3 years old: 7 mg/day</p> <ul style="list-style-type: none"> - Animal sources of iron (heme) are better absorbed than plant sources (nonheme) - Iron carries oxygen and stores it in cells. Important component of enzymes and protein. 	<p>Heme:</p> <ul style="list-style-type: none"> • Beef (3.1 mg) • Dark meat turkey (2 mg) • Dark meat chicken (1.1 mg) <p>Nonheme:</p> <ul style="list-style-type: none"> • Fortified cereal (varies) • Soybeans (8.8 mg) • Black or pinto beans (3.6 mg) 
Potassium	<p>1 to 3 years old: 3,000 mg/day</p> <ul style="list-style-type: none"> - Essential mineral and electrolyte important for nerve transmission - Protects against high blood pressure 	<ul style="list-style-type: none"> • Potato (1,081 mg) • White beans (595 mg) • Yogurt (556 mg) • Fresh orange juice (496 mg) • Soybeans (485 mg) • Banana (422 mg) 
Fiber	<p>1 to 3 years old: 19 grams/day</p> <ul style="list-style-type: none"> - Helps prevent constipation - Supports bowel flora 	<ul style="list-style-type: none"> • Oatmeal (1/2 cup cooked, 2 grams) • Very ripe berries (1/2 cup, 4 grams) • Whole grain cookies or crackers (at least 3 grams per serving) 