

Preschooler Daily Vitamin and Mineral Requirements

In general, the lower end of the range is for 2- and 3-year-olds and the higher end of the range is for 4- and 5-year-olds.

Calcium	500-800 mg
Iron	7-10 mg
Copper	340-440 ug
Magnesium	80-130 mg
Manganese	1.2-1.5 mg
Phosphorus	460-500 mg
Potassium	3.0-3.8 g
Selenium	20-30 ug
Sodium	1.0-1.2 g
Zinc	3-5 mg

Vitamin A	300-400 ug
Vitamin C	15-25 mg
Biotin	8-12 ug
Folate (folic acid)	150-200 ug
Niacin	6-8 mg
Pantothenic Acid	2-3 mg
Riboflavin	0.5-0.6 mg
Thiamin	0.5-0.6 mg
Vitamin B6	0.5-0.6 mg
Vitamin B12	0.9-1.2 ug
Vitamin D	5 ug
Vitamin E	6-7 mg
Vitamin K	30-55 ug

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Source: *Dietary Reference Intakes*, Institute of Medicine, Food and Nutrition Board,
<http://www.iom.edu/CMS/3788/4574.aspx>

