



a Child's best start

www.OrphanNutrition.org

Recommended Daily Calorie Needs for Healthy Children 0-8 years

Age	Total Kilocalories ₁		Kilocalories per Kilogram Body Weight ₂
	Male	Female	
0-6 months	570	520	108
7-12 months	743	676	98
1-2 years	1,046	992	102
3-8 years	1,742	1,642	90

1. Based on National Research Council. *Dietary Reference Intakes for Energy, Carbohydrate, Fiber, Fat, Fatty Acids, Cholesterol, Protein, and Amino Acids (Macronutrients)*. Washington, DC: The National Academies Press, 2005.
2. Based on Recommended Dietary Allowances. 10th ed. National Academy of Sciences National Academy Press. 1989, 33-66.

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