

A large orange square containing the text "believe 365" in a black, handwritten-style font.

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NUTRITION FOR ALL AGES

This insert provides nutrition information for children 0 to 6 months, 7 to 12 months, 2 to 3 years old, 4 to 8 years old, 9 to 13 years, 14 to 18 years, 19 to 30 years, 31 to 50 years, and adults 51-70 years old and incorporates the guidance provided in the USDA. This is for guidance for businesses, community organizations and families to encourage healthy eating.

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AGES 0-6 MONTHS

*These are the minimums

Vitamins	Male	Female
Vitamin A (mcg)	400	400
Vitamin C (mg)	40	40
Vitamin D (IU)	400	400
Vitamin B6 (mg)	0.1	0.1
Vitamin E (mg)	4	4
Vitamin K (mcg)	2	2
Thiamin (mg)	0.2	0.2
Vitamin B12 (mcg)	0.4	0.4
Riboflavin (mg)	0.3	0.3
Folate (mcg DFE)	65	65
Niacin (mg)	2	2
Choline (mg)	125	125
Pantothenic Acid (mg)	1.7	1.7
Biotin (mg)	1.7	1.7
Carotenoids		

Minerals		
Calcium (mg)	200	200
Chloride (g)	0.18	0.18
Chromium (mcg)	0.2	0.2
Copper (mcg)	200	200
Fluoride (mg)	0.01	0.01
Iodine (mcg)	110	110
Iron (mg)	0.27	0.27
Magnesium (mg)	30	30
Manganese (mg)	0.003	0.003
Molybdenum (mcg)	2	2
Phosphorus (g)	100	100
Potassium (g)	0.4	0.4
Selenium (mcg)	15	15
Sodium (mg)	120	120
Zinc (mg)	2	2

Amino Acids (mg/kg body weight)		
Histidine	10	10
Isoleucine	20	20
Leucine	39	39
Lysine	30	30
Methionine + Cysteine	15	15
Phenylalanine + Tyrosine	25	25
Threonine	15	15
Tryptophan	4	4
Valine	26	26

Fiber		
Total Dietary		
Soluble		
Insoluble		

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AGES 7-12 MONTHS

*These are the minimums

Vitamins	Male	Female
Vitamin A (mcg)	300	300
Vitamin C (mg)	15	15
Vitamin D (IU)	600	600
Vitamin B6 (mg)	0.5	0.5
Vitamin E (mg)	6	6
Vitamin K (mcg)	30	30
Thiamin (mg)	0.5	0.5
Vitamin B12 (mcg)	0.9	0.9
Riboflavin (mg)	0.5	0.5
Folate (mcg DFE)	150	150
Niacin (mg)	6	6
Choline (mg)	200	200
Pantothenic Acid (mg)	2	2
Biotin (mg)	2	2
Carotenoids		

Minerals		
Calcium (mg)	700	700
Chloride (g)	1.5	1.5
Chromium (mcg)	11	11
Copper (mcg)	340	340
Fluoride (mg)	0.7	0.7
Iodine (mcg)	90	90
Iron (mg)	7	7
Magnesium (mg)	80	80
Manganese (mg)	1.2	1.2
Molybdenum (mcg)	17	17
Phosphorus (g)	460	460
Potassium (g)	3	3
Selenium (mcg)	20	20
Sodium (mg)	1000	1000
Zinc (mg)	3	3

Amino Acids (mg/kg body weight)		
Histidine	10	10
Isoleucine	20	20
Leucine	39	39
Lysine	30	30
Methionine + Cysteine	15	15
Phenylalanine + Tyrosine	25	25
Threonine	15	15
Tryptophan	4	4
Valine	26	26

Fiber		
Total Dietary	19	19
Soluble	4.75	4.75
Insoluble	14.25	14.25

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AGES 1-4 YEARS

*These are the minimums

Vitamins	Male	Female
Vitamin A (mcg)	300	300
Vitamin C (mg)	15	15
Vitamin D (IU)	600	600
Vitamin B6 (mg)	0.5	0.5
Vitamin E (mg)	6	6
Vitamin K (mcg)	30	30
Thiamin (mg)	0.5	0.5
Vitamin B12 (mcg)	0.9	0.9
Riboflavin (mg)	0.5	0.5
Folate (mcg DFE)	150	150
Niacin (mg)	6	6
Choline (mg)	200	200
Pantothenic Acid (mg)	2	2
Biotin (mg)	2	2
Carotenoids		

Minerals		
Calcium (mg)	700	700
Chloride (g)	1.5	1.5
Chromium (mcg)	11	11
Copper (mcg)	340	340
Fluoride (mg)	0.7	0.7
Iodine (mcg)	90	90
Iron (mg)	7	7
Magnesium (mg)	80	80
Manganese (mg)	1.2	1.2
Molybdenum (mcg)	17	17
Phosphorus (g)	460	460
Potassium (g)	3	3
Selenium (mcg)	20	20
Sodium (mg)	1000	1000
Zinc (mg)	3	3

Amino Acids (mg/kg body weight)		
Histidine	10	10
Isoleucine	20	20
Leucine	39	39
Lysine	30	30
Methionine + Cysteine	15	15
Phenylalanine + Tyrosine	25	25
Threonine	15	15
Tryptophan	4	4
Valine	26	26

Fiber		
Total Dietary	19	19
Soluble	4.75	4.75
Insoluble	14.25	14.25

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AGES 4-8 YEARS

*These are the minimums

Vitamins	Male	Female
Vitamin A (mcg)	400	400
Vitamin C (mg)	25	25
Vitamin D (IU)	600	600
Vitamin B6 (mg)	0.6	0.6
Vitamin E (mg)	7	7
Vitamin K (mcg)	55	55
Thiamin (mg)	0.6	6
Vitamin B12 (mcg)	1.2	1.2
Riboflavin (mg)	0.6	0.6
Folate (mcg DFE)	200	200
Niacin (mg)	8	8
Choline (mg)	250	250
Pantothenic Acid (mg)	3	3
Biotin (mg)	3	3
Carotenoids		

Minerals		
Calcium (mg)	1000	1000
Chloride (g)	1.9	1.9
Chromium (mcg)	15	15
Copper (mcg)	440	440
Fluoride (mg)	1	1
Iodine (mcg)	90	90
Iron (mg)	10	10
Magnesium (mg)	130	130
Manganese (mg)	1.5	1.5
Molybdenum (mcg)	22	22
Phosphorus (g)	500	500
Potassium (g)	3.8	3.8
Selenium (mcg)	30	30
Sodium (mg)	1200	1200
Zinc (mg)	5	5

Amino Acids (mg/kg body weight)		
Histidine	10	10
Isoleucine	20	20
Leucine	39	39
Lysine	30	30
Methionine + Cysteine	15	15
Phenylalanine + Tyrosine	25	25
Threonine	15	15
Tryptophan	4	4
Valine	26	26

Fiber		
Total Dietary	25	25
Soluble	6.25	6.25
Insoluble	18.75	18.75

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AGES 9-13 YEARS

*These are the minimums

Vitamins	Male	Female
Vitamin A (mcg)	600	600
Vitamin C (mg)	45	45
Vitamin D (IU)	600	600
Vitamin B6 (mg)	1	1
Vitamin E (mg)	11	11
Vitamin K (mcg)	60	60
Thiamin (mg)	0.9	0.9
Vitamin B12 (mcg)	1.8	1.8
Riboflavin (mg)	0.9	0.9
Folate (mcg DFE)	300	300
Niacin (mg)	12	12
Choline (mg)	375	375
Pantothenic Acid (mg)	4	4
Biotin (mg)	4	4
Carotenoids		

Minerals		
Calcium (mg)	1300	1300
Chloride (g)	2.3	2.3
Chromium (mcg)	25	21
Copper (mcg)	700	700
Fluoride (mg)	2	2
Iodine (mcg)	120	120
Iron (mg)	8	8
Magnesium (mg)	240	240
Manganese (mg)	1.9	1.6
Molybdenum (mcg)	34	34
Phosphorus (g)	1250	1250
Potassium (g)	4.5	4.5
Selenium (mcg)	40	40
Sodium (mg)	1500	1500
Zinc (mg)	8	8

Amino Acids (mg/kg body weight)		
Histidine	10	10
Isoleucine	20	20
Leucine	39	39
Lysine	30	30
Methionine + Cysteine	15	15
Phenylalanine + Tyrosine	25	25
Threonine	15	15
Tryptophan	4	4
Valine	26	26

Fiber		
Total Dietary	31	26
Soluble	7.75	6.5
Insoluble	23.25	19.5

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AGES 14-18 YEARS

*These are the minimums

Vitamins	Male	Female	Pregnant	Lactation
Vitamin A (mcg)	900	700	750	1200
Vitamin C (mg)	75	65	80	115
Vitamin D (IU)	600	600	600	600
Vitamin B6 (mg)	1.3	1.2	1.9	2
Vitamin E (mg)	15	15	15	15
Vitamin K (mcg)	75	75	75	75
Thiamin (mg)	1.2	1	1.4	1.4
Vitamin B12 (mcg)	2.4	2.4	2.6	2.8
Riboflavin (mg)	1.3	1	1.4	1.6
Folate (mcg DFE)	400	400	600	500
Niacin (mg)	16	14	18	17
Choline (mg)	550	400	450	550
Pantothenic Acid (mg)	5	5	6	7
Biotin (mg)	5	5	6	7
Carotenoids				

Minerals				
Calcium (mg)	1300	1300	1300	1300
Chloride (g)	2.3	2.3	2.3	2.3
Chromium (mcg)	35	24	29	44
Copper (mcg)	890	890	1000	1300
Fluoride (mg)	3	3	3	3
Iodine (mcg)	150	150	220	290
Iron (mg)	11	15	27	10
Magnesium (mg)	410	360	400	360
Manganese (mg)	2.2	1.6	2	2.6
Molybdenum (mcg)	43	43	50	50
Phosphorus (g)	1250	1250	1250	1250
Potassium (g)	4.7	4.7	5.1	5.1
Selenium (mcg)	55	55	60	70
Sodium (mg)	1500	1500	2300	2300
Zinc (mg)	11	9	12	13

Amino Acids (mg/kg body weight)				
Histidine	10	10	10	10
Isoleucine	20	20	20	20
Leucine	39	39	39	39
Lysine	30	30	30	30
Methionine + Cysteine	15	15	15	15
Phenylalanine + Tyrosine	25	25	25	25
Threonine	15	15	15	15
Tryptophan	4	4	4	4
Valine	26	26	26	26

Fiber				
Total Dietary	38	26	26	26
Soluble	9.5	6.5	6.5	6.5
Insoluble	28.5	19.5	19.5	19.5

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AGES 19-30 YEARS

*These are the minimums

Vitamins	Male	Female	Pregnant	Lactation
Vitamin A (mcg)	900	700	770	1300
Vitamin C (mg)	90	75	85	120
Vitamin D (IU)	600	600	600	600
Vitamin B6 (mg)	1.3	1.3	1.9	2
Vitamin E (mg)	15	15	15	15
Vitamin K (mcg)	120	90	90	90
Thiamin (mg)	1.2	1.1	1.4	1.4
Vitamin B12 (mcg)	2.4	2.4	2.6	2.8
Riboflavin (mg)	1.3	1.1	1.4	1.6
Folate (mcg DFE)	400	400	600	500
Niacin (mg)	16	14	18	17
Choline (mg)	550	425	450	550
Pantothenic Acid (mg)	5	5	6	7
Biotin (mg)	5	5	6	7
Carotenoids				

Minerals				
Calcium (mg)	1000	1000	1000	1000
Chloride (g)	2.3	2.3	2.3	2.3
Chromium (mcg)	35	25	30	45
Copper (mcg)	900	900	1000	1300
Fluoride (mg)	4	3	3	3
Iodine (mcg)	150	150	220	290
Iron (mg)	8	18	27	9
Magnesium (mg)	400	310	350	310
Manganese (mg)	2.3	1.8	2	2.6
Molybdenum (mcg)	45	45	50	50
Phosphorus (g)	700	700	700	700
Potassium (g)	4.7	4.7	5.1	5.1
Selenium (mcg)	55	55	60	70
Sodium (mg)	2300	2300	2300	2300
Zinc (mg)	11	8	11	12

Amino Acids (mg/kg body weight)				
Histidine	10	10	10	10
Isoleucine	20	20	20	20
Leucine	39	39	39	39
Lysine	30	30	30	30
Methionine + Cysteine	15	15	15	15
Phenylalanine + Tyrosine	25	25	25	25
Threonine	15	15	15	15
Tryptophan	4	4	4	4
Valine	26	26	26	26

Fiber				
Total Dietary	38	25	25	25
Soluble	9.5	6.25	6.25	6.25
Insoluble	28.5	18.75	18.75	18.75

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AGES 31-50 YEARS

*These are the minimums

Vitamins	Male	Female	Pregnant	Lactation
Vitamin A (mcg)	900	700	770	1300
Vitamin C (mg)	90	75	85	120
Vitamin D (IU)	600	600	600	600
Vitamin B6 (mg)	1.3	1.3	1.9	2
Vitamin E (mg)	15	15	15	15
Vitamin K (mcg)	120	90	90	90
Thiamin (mg)	1.2	1.1	1.4	1.4
Vitamin B12 (mcg)	2.4	2.4	2.6	2.8
Riboflavin (mg)	1.3	1.1	1.4	1.6
Folate (mcg DFE)	400	400	600	500
Niacin (mg)	16	14	18	17
Choline (mg)	550	425	450	550
Pantothenic Acid (mg)	5	5	6	7
Biotin (mg)	5	5	6	7
Carotenoids				

Minerals				
Calcium (mg)	1000	1000	1000	1000
Chloride (g)	2.3	2.3	2.3	2.3
Chromium (mcg)	35	25	30	45
Copper (mcg)	900	900	1000	1300
Fluoride (mg)	4	3	3	3
Iodine (mcg)	150	150	220	290
Iron (mg)	8	18	27	9
Magnesium (mg)	420	320	360	320
Manganese (mg)	2.3	1.8	2	2.6
Molybdenum (mcg)	45	45	50	50
Phosphorus (g)	700	700	700	700
Potassium (g)	4.7	4.7	5.1	5.1
Selenium (mcg)	55	55	60	70
Sodium (mg)	2300	2300	2300	2300
Zinc (mg)	11	8	11	12

Amino Acids (mg/kg body weight)				
Histidine	10	10	10	10
Isoleucine	20	20	20	20
Leucine	39	39	39	39
Lysine	30	30	30	30
Methionine + Cysteine	15	15	15	15
Phenylalanine + Tyrosine	25	25	25	25
Threonine	15	15	15	15
Tryptophan	4	4	4	4
Valine	26	26	26	26

Fiber				
Total Dietary	38	25	25	25
Soluble	9.5	6.25	6.25	6.25
Insoluble	28.5	18.75	18.75	18.75

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AGES 51-70 YEARS

*These are the minimums

Vitamins	Male	Female
Vitamin A (mcg)	900	700
Vitamin C (mg)	90	75
Vitamin D (IU)	600	600
Vitamin B6 (mg)	1.7	1.5
Vitamin E (mg)	15	15
Vitamin K (mcg)	120	90
Thiamin (mg)	1.2	1.1
Vitamin B12 (mcg)	2.4	2.4
Riboflavin (mg)	1.3	1.1
Folate (mcg DFE)	400	400
Niacin (mg)	16	14
Choline (mg)	550	425
Pantothenic Acid (mg)	5	5
Biotin (mg)	5	5
Carotenoids		

Minerals		1
Calcium (mg)	1000	200
Chloride (g)	2	2
Chromium (mcg)	30	20
Copper (mcg)	900	900
Fluoride (mg)	4	3
Iodine (mcg)	150	150
Iron (mg)	8	8
Magnesium (mg)	420	320
Manganese (mg)	2.3	1.8
Molybdenum (mcg)	45	45
Phosphorus (g)	700	700
Potassium (g)	4.7	4.7
Selenium (mcg)	55	55
Sodium (mg)	2300	2300
Zinc (mg)	11	8

Amino Acids (mg/kg body weight)		
Histidine	10	10
Isoleucine	20	20
Leucine	39	39
Lysine	30	30
Methionine + Cysteine	15	15
Phenylalanine + Tyrosine	25	25
Threonine	15	15
Tryptophan	4	4
Valine	26	26

Fiber		
Total Dietary	30	21
Soluble	7.5	5.25
Insoluble	22.5	15.75

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AGES 71+ YEARS

*These are the minimums

Vitamins	Male	Female
Vitamin A (mcg)	900	700
Vitamin C (mg)	90	75
Vitamin D (IU)	800	800
Vitamin B6 (mg)	1.7	1.5
Vitamin E (mg)	15	15
Vitamin K (mcg)	120	90
Thiamin (mg)	1.2	1.1
Vitamin B12 (mcg)	2.4	2.4
Riboflavin (mg)	1.3	1.1
Folate (mcg DFE)	400	400
Niacin (mg)	16	14
Choline (mg)	550	425
Pantothenic Acid (mg)	5	5
Biotin (mg)	5	5
Carotenoids		

Minerals		
Calcium (mg)	1200	1200
Chloride (g)	1.8	1.8
Chromium (mcg)	30	20
Copper (mcg)	900	900
Fluoride (mg)	4	3
Iodine (mcg)	150	150
Iron (mg)	8	8
Magnesium (mg)	420	320
Manganese (mg)	2.3	1.8
Molybdenum (mcg)	45	45
Phosphorus (g)	700	700
Potassium (g)	4.7	4.7
Selenium (mcg)	55	55
Sodium (mg)	2300	2300
Zinc (mg)	11	12

Amino Acids (mg/kg body weight)		
Histidine	10	10
Isoleucine	20	20
Leucine	39	39
Lysine	30	30
Methionine + Cysteine	15	15
Phenylalanine + Tyrosine	25	25
Threonine	15	15
Tryptophan	4	4
Valine	26	26

Fiber		
Total Dietary	30	21
Soluble	7.5	5.25
Insoluble	22.5	15.75

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For demographic and market research contact us at:

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