Texas Children's Hospital®

RECOMMENDED CARBOHYDRATE AMOUNTS
(Age and Gender)

Caring for Your Child's Health:

Boys

Ages	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1-3 years	30g	8g	30g	8g	45g	8g
4-5 years	45g	8g	45g	15g	45g	8g
6-8 years	45g	0g	45g	15g	60g	0g
9-11 years	45g	0g	60g	15g	75g	0g
12-13 years	45g	0g	60g	15g	75g	0g
14-16 years	60g	0g	90g	15g	90g	0g
17-18 years	60g	0g	90g	15g	90g	0g

Girls

Ages	Breakfast	Snack	Lunch	Snack	Dinner	Snack
1-3 years	30g	8g	30g	8g	45g	8g
4-5 years	45g	8g	45g	15g	45g	8g
6-8 years	45g	0g	45g	15g	45g	0g
9-11 years	45g	0g	60g	15g	60g	0g
12-13 years	45g	0g	60g	15g	60g	0g
14-16 years	45g	0g	60g	15g	75g	0g
17-18 years	45g	0g	60g	15g	60g	0g

This template should be used as a starting point and is based on average age and gender requirements. It can be tailored to meet the needs of the individual. Please contact your dietitian to make adjustments

Developed by the Nutrition Coordinating Council.

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