

B2

How many grams of protein are recommended for a person aged 15?

Answer: _____

What is the daily recommended intake of calcium for a 15-year-old?

Answer: _____

How many servings of fruits and vegetables should a 15-year-old have each day?

Answer: _____

What is the ideal daily intake of carbohydrates for a 15-year-old?

Answer: _____

How many milligrams of iron should a 15-year-old consume each day?

Answer: _____

What is the recommended daily intake of fiber for a 15-year-old?

Answer: _____

How many glasses of water should a 15-year-old drink daily?

Answer: _____

What is the recommended daily intake of vitamin C for a 15-year-old?

Answer: _____

How much sodium should a 15-year-old consume daily?

Answer: _____

How many calories should a 15-year-old consume on average?

Answer: _____

Answers

How many grams of protein are recommended for a person aged 15?

Answer: 45-55 grams

What is the daily recommended intake of calcium for a 15-year-old?

Answer: 1300 milligrams

How many servings of fruits and vegetables should a 15-year-old have each day?

Answer: 5-6 servings

What is the ideal daily intake of carbohydrates for a 15-year-old?

Answer: 130-260 grams

How many milligrams of iron should a 15-year-old consume each day?

Answer: 12 milligrams

What is the recommended daily intake of fiber for a 15-year-old?

Answer: 25-30 grams

How many glasses of water should a 15-year-old drink daily?

Answer: 8-10 glasses

What is the recommended daily intake of vitamin C for a 15-year-old?

Answer: 75-90 milligrams

How much sodium should a 15-year-old consume daily?

Answer: 2300 milligrams

How many calories should a 15-year-old consume on average?

Answer: 2200-2800 calories