**Nutrition standards for school lunch in elementary and junior high schools in Japan**

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|  | **Elementary School** | **Junior High School** |
|  | 6-7 years old | 8-9 years old | 10-11 years old | 12-14 years old |
| **Energy (kcal)** | 530 | 650 | 780 | 830 |
| **Protein (%)** | 13-20% of total energy |
| **Fat (%)** | 20-30% of total energy |
| **Salt (g)** | < 2 | < 2 | < 2.5 | < 2.5 |
| **Calcium (mg)** | 290 | 350 | 360 | 450 |
| **Magnesium (mg)** | 40 | 50 | 70 | 120 |
| **Iron (mg)** | 2.5 | 3 | 4 | 4 |
| **Vitamin A (ugRAE)** | 170 | 200 | 240 | 300 |
| **Vitamin B1 (mg)** | 0.3 | 0.4 | 0.5 | 0.5 |
| **Vitamin B2 (mg)** | 0.4 | 0.4 | 0.5 | 0.6 |
| **Vitamin C (mg)** | 20 | 20 | 25 | 30 |
| **Dietary fiber (g)** | ≥4 | ≥ 5 | ≥ 5 | ≥6.5 |

**Notes:**

When planning menus, consider zinc: 6-7 year olds (2 mg), 8-9 year olds (2 mg), 10-11 year olds (2 mg), 12-14 year olds (3 mg).

The nutrition standards shown are for average students in each age group. Use the nutrition standards flexibly and consider individual characteristics of students such their health status and level of physical activity.

When using the nutrition standards for menu planning, consider using a variety of foods.