

Do you know your child's **NUTRITION REQUIREMENTS?**



We surveyed 1000 parents and 57% admitted to not knowing the RI* for their child

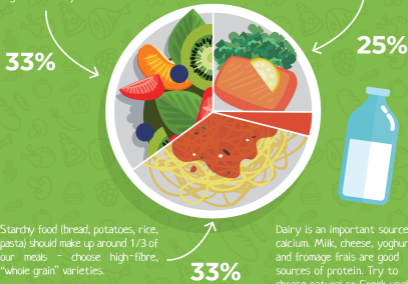
Children are constantly growing and developing and therefore require good nutrition to help keep them healthy. Focus on trying to develop good eating habits from an early age. Eating the appropriate amounts of food will help your child to maintain a healthy weight and importantly their energy levels too.



THE EATWELL GUIDE

Fruit and vegetables should make up over 1/3 of the food we eat each day. Aim for at least 2 portions of fruit and 3 portions of different vegetables a day.

Protein should make up just under 1/4. Foods include beans, pulses, fish, meat and eggs.



Starchy food (bread, potatoes, rice, pasta) should make up around 1/3 of our meals - choose high-fibre, "whole grain" varieties.

Dairy is an important source of calcium. Milk, cheese, yoghurt and fromage frais are good sources of protein. Try to choose natural or Greek yoghurt instead of flavoured (less sugar).



ME SIZE PLATES

Adult sized plates and bowls can make kids portions look too small. Try getting child-sized plates for the kids and it'll be easier to know if they're getting enough.

CALORIES (kcal)

GIRLS		BOYS	
AGE	Calories (kcal)	AGE	Calories (kcal)
4 to 6	1545	4 to 6	1715
7 to 10	1740	7 to 10	1970
11 to 14	1845	11 to 14	2220

Recommended sugar intake

4 to 6 yrs	19g (5 sugar cubes)
7 to 10 yrs	24g (6 cubes)
11 and over	30g (7 cubes)

SUGAR

You'll be surprised at how much sugar is added to everyday foods, the best way to control sugar levels is to make it yourself, or check the labels!

SALT

As adults, our goal should be to eat no more than 6g salt a day (that's around a teaspoonful!) and your child needs even less!

Recommended salt intake

4 to 6 yrs	3g (1 1/2 tsp)
7 to 10 yrs	5g (3/4 tsp)
11 and over	6g (1 tsp)



DRINK

It is recommended we drink 6 - 8 glasses of fluid a day. Water is a healthy, cheap choice with no calories or added sugars. For extra taste, add a slice of lemon or a splash of no-added sugar squash.