

CALORIE INTAKE FOR CHILDREN

AGE	CALORIES PER DAY	
	BOYS	GIRLS
1-3	1230	1165
4-6	1715	1545
7-10	1970	1740
11-14	2220	1845
15-18	2755	2110
ADULTS	2550	1940

Hands-On Nutrition for Kids!

A small fist-sized serving of carbohydrates such as grains or pastas.



A fist-sized serving of veggies!

A thumb-sized serving of peanut butter.



No more than a fingertip of butter.



About two fingers worth of cheese.



A small handful of nuts.



A palm-sized amount of meat or fish.



A handful of fruit or berries.

THINK SUGAR

- Half of a child's daily sugar intake comes from drinks & snacks
- The recommended amount of sugar for a child aged 4–11 years is 19-24g or 5-6 teaspoons.



The simplest trick in the book – if you don't have sweets in the house, you can't eat them and you'll save money, too"

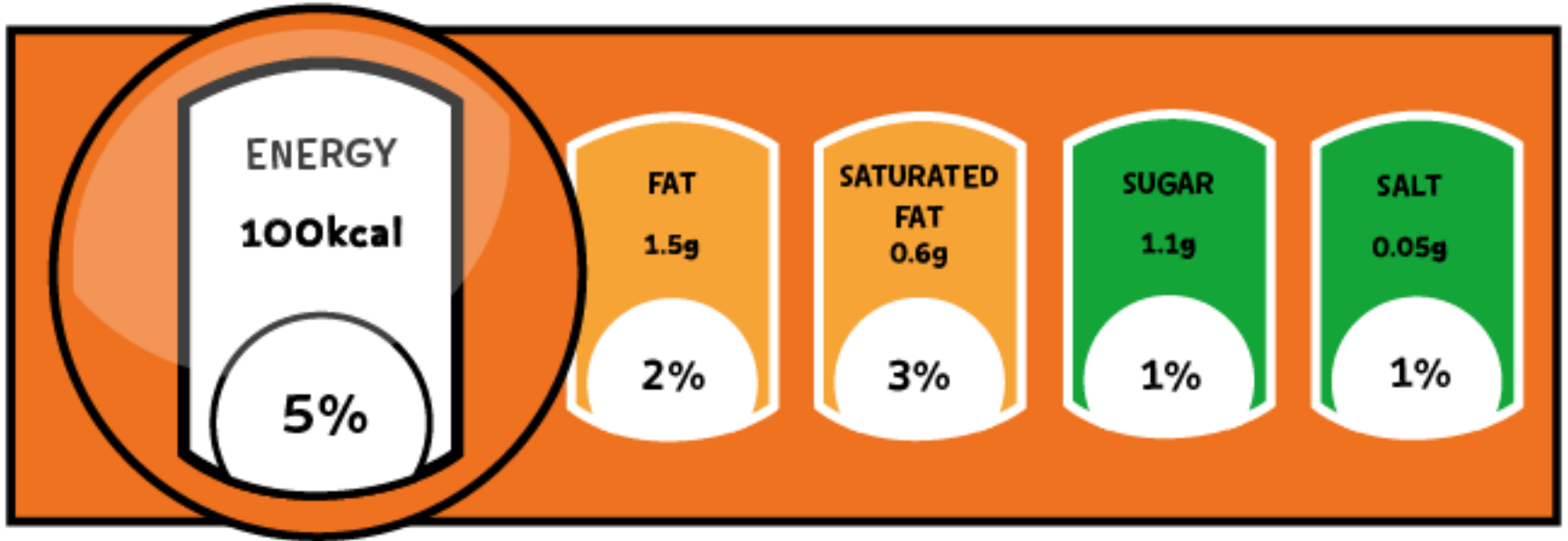


If you're shopping for packaged snacks look for 100 calorie snacks, two a day max!



Nuts and seeds are a healthier snack, but they're high in energy, so remember to keep an eye on the amount you eat and don't give whole nuts to kids under 5.

CHECK THE LABEL



Sugar on the left!

Choose snacks with more green and amber on the labels and cut down on snacks that show any reds





Sugar – 0.1 cube (0.3g)
Fat – 0.8 g
Salt – 1g
Calories - 169



Sugar – 0.1 cube
Fat – 0.8 g
Salt – 1g
Calories - 169



Sugar – 2.6 cubes (10.2g)
Fat – 1.6 g
Salt – 1g
Calories - 120



Sugar – 2.5 cubes
Fat – 1.4g
Salt – 0.1g
Calories –



Sugar – 2.6 cube (11g)
Fat – 5.7 g
Salt – 0.2
Calories - 107



Sugar – 1.4 cube
Fat – 6.8 g
Salt – 7.2g
Calories – 1006/pack



Sugar – 6 cubes (24g)
Fat – 4 g
Salt – 0.2g
Calories – 169/tube



Sugar – 8.8 cubes (35g)
Fat – 0.1 g
Salt – 0g
Calories – 242/70g

100 CALORIE SNACKS

- Malt loaf slice
- Lower-fat, lower-sugar fromage frais (some flavours include strawberry, raspberry, banana, apricot)
- Fresh or tinned fruit salad
- Chopped vegetables and lower-fat hummus
- Plain rice cakes or crackers with lower-fat cheese
- Sugar-free jelly
- One crumpet
- One scotch pancake



www.sherry.com - BEBOKO



WHAT'S IN A DRINK



500ml



500ml



150ml



288ml



500ml



400ml



288ml



330ml



500ml



300ml



0 cubes



**0.4 cubes
(1.6g in 200ml)**



**5.1 cubes
(20.5g in 500ml)**



**5.8 cubes
(23g in 500ml)**



**6.5 cubes
(26g in 300ml)**



**7 cubes
(29g in 288ml)**



**8.3 cubes
(33g in 330ml)**



**9.5 cubes
(38.4g in 400ml)**



**13.3 cubes
(53g in 500ml)**



**13.8 cubes
(55g in 500ml)**

Physical activity for children and young people (5–18 Years)



BUILDS
CONFIDENCE &
SOCIAL SKILLS



DEVELOPS
CO-ORDINATION



IMPROVES
CONCENTRATION
& LEARNING



STRENGTHENS
MUSCLES
& BONES



IMPROVES
HEALTH
& FITNESS



MAINTAINS
HEALTHY
WEIGHT



IMPROVES
SLEEP



MAKES
YOU FEEL
GOOD

Be physically active

Spread activity
throughout
the day

All activities
should make you
breathe faster
& feel warmer

Aim for
at least
60
minutes
everyday



Include muscle
and bone
strengthening
activities
**3 TIMES
PER
WEEK**



Sit less



Move more

Find ways to help all children and young people accumulate
at least 60 minutes of physical activity everyday

UK Chief Medical Officers' Guidelines 2011 **Start Active, Stay Active:** www.bit.ly/startactive

- **AIM FOR AT LEAST 60 MINUTES EVERYDAY**
- **ALL ACTIVITIES SHOULD MAKE YOU BREATHE FASTER & FEEL WARMER**
- **SPREAD ACTIVITY THROUGHOUT THE DAY**