

HEALTHY HABITS



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Guidelines for a Healthy Diet

Parent Tip Sheet #13

Recommended amount of daily caloric intake based on age:

- Girls and boys age 2 to 3:
1,000 to 1,400 calories
- Girls 4 to 8: 1,200 to
1,800 calories
- Boys 4 to 8: 1,200 to
2,000 calories

These numbers will vary depending on the activity and growth levels of your child.



Let's look at empty calories

Empty calories come from solid fats or added sugars. These WHOA! ingredients add calories to food, but provide no nutrients.

A 20 oz. bottle of soda contains 65g of sugar! It has 240 calories, which makes up almost 20% of your child's diet.



Nutrition Facts	
Serving Size 1 bottle	
Servings Per Container 1	
Amount Per Serving	
Calories 240	
% Daily Value*	
Total Fat 0g	0%
Sodium 75mg	3%
Total Carbohydrate 65g	22%
Sugars 65g	
Protein 0g	
Not a significant source of fat, calories, saturated fat, trans fat, cholesterol, fiber, vitamin A, vitamin C, calcium and iron.	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

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