



IslandSports_{HK}

FEEDING YOUR LITTLE ATHLETE

In this poster, we will explore the basics of achieving a healthy diet by explaining and providing recommended guidelines around how many macronutrients and calories your child should be eating.

ACHIEVING A BALANCED DIET

A balanced diet means to get an appropriate amount of all macronutrients, these include carbohydrates, fat, and protein. A properly balanced diet is vital to ensuring a healthy body. We've listed the recommended Macronutrient ratio's for a balanced diet below, how much you should be eating and healthy sources of these nutrients.



CARBOHYDRATES 45-65% OF CALORIC INTAKE

Carbohydrates provide glucose, the main fuel of the body. Great sources include vegetables, grains and fruits.



FATS 20-35% OF CALORIC INTAKE

Fats serve as an energy reserve and allow for multiple bodily functions to work. Healthy sources of fats include nuts, olives, fatty fish, soybean and soymilk, avocado's and oils.



PROTEINS 10-25% OF CALORIC INTAKE

Proteins act as building materials of the body. Chicken, beef, salmon and tuna are meats that contain high amounts of protein. Vegetarian or vegan options may include tofu, tempeh, beans or lentils.

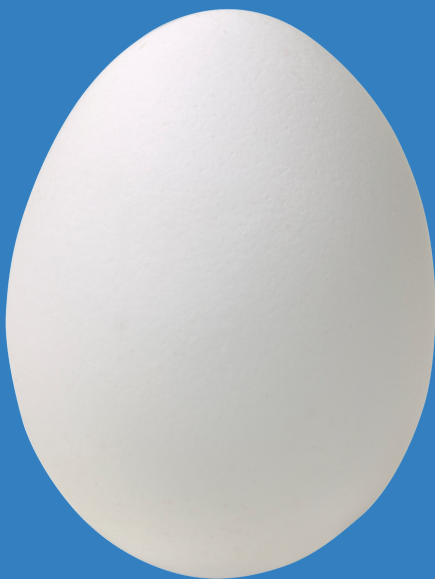
HOW MANY CALORIES SHOULD MY CHILD EAT?

Here are the recommended caloric intakes for children aged 2 - 8 years old. Less active children should eat more towards the lower end of recommendations whilst active children towards the higher end.



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|------------|--------|------------------|
| Ages 2 - 3 | | 1000 - 1400 Cals |
| Ages 4 - 8 | Male | 1400 - 2000 Cals |
| | Female | 1200 - 1800 Cals |

HOW MANY CALORIES ARE THERE IN MACRONUTRIENTS?



1 gram of Carbohydrates and Protein contain 4 Calories, whilst fat contains 9 calories. When looking at a single egg, it contains 13 grams of protein, 1.1 grams of carbohydrates, and 11 grams of fat. Using this information we can calculate the total Calories.

$$\begin{aligned} 13 \text{ (Protein)} + 1.1 \text{ (Carbs)} \times 4 &= 56.4 \text{ Calories} \\ 11 \text{ (Fat)} \times 9 &= 99 \text{ Calories} \\ 56.4 + 99 &= 155.4 \text{ Total Calories} \end{aligned}$$

WHAT DOES A HEALTHY & BALANCED MEAL LOOK LIKE?

We've explored how many calories your child is recommended to eat, how many calories there are in each macronutrient and the ratios of macronutrients that constitute a balanced diet. Using all this information, how can we recognise what a healthy meal looks like?



Carne Asada Tacos

586 calories, 67 g carbs, 22 g fat, 30 g protein

Below is a calculation of the macronutrient ratio of this dish, as you can see the percentages all fall within the recommend ratio's, making this dish well balanced. Let's say your child is recommended 1700 Calories a day, this 586 calorie meal makes it a perfect lunch portion to meet daily caloric intake recommendations.

$$\begin{aligned} 30\text{g (Protein)} \times 4 / 586 \text{ Calories} &= 0.205 = 21\% \text{ Protein} \\ 67\text{g (Carbs)} \times 4 / 586 \text{ Calories} &= 0.457 = 46\% \text{ Carbohydrates} \\ 22\text{g (Fat)} \times 9 / 586 \text{ Calories} &= 0.337 = 33\% \text{ Fat} \end{aligned}$$

NUTRITIONAL INFORMATION AND MACRONUTRIENT RATIO'S CAN BE MORE EASILY CALCULATED THROUGH DIET APPS SUCH AS MYFITNESSPAL OR MYMACROS+