

## Healthy Eating Information

### Guide Line Daily (GDA) Amount For Children Aged 5-10 Years

<b>GDA</b>	<b>Children 5-10 yrs</b>
Calories	1,800
Protein	24g
Carbohydrate	220g
Sugars	85g
Added sugar	50g
Fat	70g
Saturates	20g
Fibre	15g
Salt	4g

To make healthy choices it is important to read the label and look at the sugar, fat, saturated fat & salt **per 100g**, not per portion, pack or serving.

The table below is the current UK Government guides for low, medium and high for those groups.

	low	medium	high
fat	<3.0/100g	3.0 – 17/100g	>17/100g
saturated fat	<1.5/100g	1.5-5.0/100g	>5/100g
sugar	<5.0/100g	5.0 -22.5/100g	>22.5/100g
salt	<0.3/100g	0.3- 1.5/100g	>1.5 /100g

Below are some popular crisps & crackers highlighted according to low, medium and high by colour.

Product	g/ Per 100g				
	sugar	fat	sat fat	salt	fibre
Walkers Quavers Cheese	6.50	7.60	0.90	6.50	1.30
Walkers Ready Salted Crisps	1.10	16.00	1.40	5.00	2.50
KP hula hoops	<0.5	26.00	2.50	1.80	2.20
Jacobs mini cheddars	3.90	26.30	2.50	1.91	6.70
walkers wots its	0.40	31.90	2.60	1.40	4.30
walkers French fries ready salted	4.10	30.00	2.70	2.21	1.10
kettle lightly salted	2.80	9.60	3.30	1.10	5.30
Doritos cool original	0.50	30.10	3.50	0.90	6.50
Snack a Jack sour cream and chive	6.60	33.00	4.00	1.96	1.10
walkers baked cheese and onion	1.60	18.30	6.10	1.70	7.40
Jacobs High Fibre Cream crackers	8.30	0.80	7.00	0.93	4.90
Jacobs Flatbreads Mixed Seeds	5.10	29.20	11.60	2.50	2.50

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Below are some popular chocolate bars & biscuits highlighted according to low, medium and high by colour.

The products marked \* are not recommendations but are listed to highlight the **HIGH fat and sugar** content.

New York Bakery cinnamon & raisin bagels	<b>8.40</b>	<b>1.60</b>	<b>0.20</b>	<b>0.80</b>	<b>3.50</b>
Warburtons fruit tea cakes	14.30	3.00	<b>0.50</b>	0.75	3.20
Tesco reduced fat rich tea biscuits	<b>20.10</b>	<b>8.70</b>	<b>3.30</b>	<b>0.70</b>	<b>3.40</b>
Mcvities light digestive	<b>20.20</b>	<b>14.40</b>	<b>1.50</b>	<b>1.20</b>	<b>3.60</b>
Soreen banana loaf	<b>20.20</b>	<b>4.50</b>	<b>0.90</b>	<b>0.70</b>	<b>5.00</b>
Tesco fruit loaf	<b>21.7</b>	<b>4.2</b>	<b>0.70</b>	<b>0.40</b>	<b>3.60</b>
Tesco sultana scones	<b>24.50</b>	10.70	<b>6.60</b>	<b>0.90</b>	1.70
Mcvities dark chocolate digestives	<b>27.60</b>	<b>24.20</b>	<b>12.80</b>	<b>0.90</b>	<b>4.20</b>
Mcvities milk chocolate digestives	<b>29.50</b>	<b>23.60</b>	<b>12.40</b>	<b>1.00</b>	<b>3.00</b>
Kit Kat chunky	<b>55.00</b>	<b>25.60</b>	<b>14.20</b>	<b>0.18</b>	<b>1.70</b>
Galaxy ripple	<b>58.30</b>	<b>29.10</b>	<b>17.20</b>	<b>0.26</b>	NA
Mars bar	<b>59.90</b>	<b>16.90</b>	<b>8.20</b>	<b>0.39</b>	NA
Kit Kat	<b>51.60</b>	<b>24.50</b>	<b>14.00</b>	<b>0.20</b>	<b>2.00</b>