

Advice – Recommendations

Children aged 4-6 years

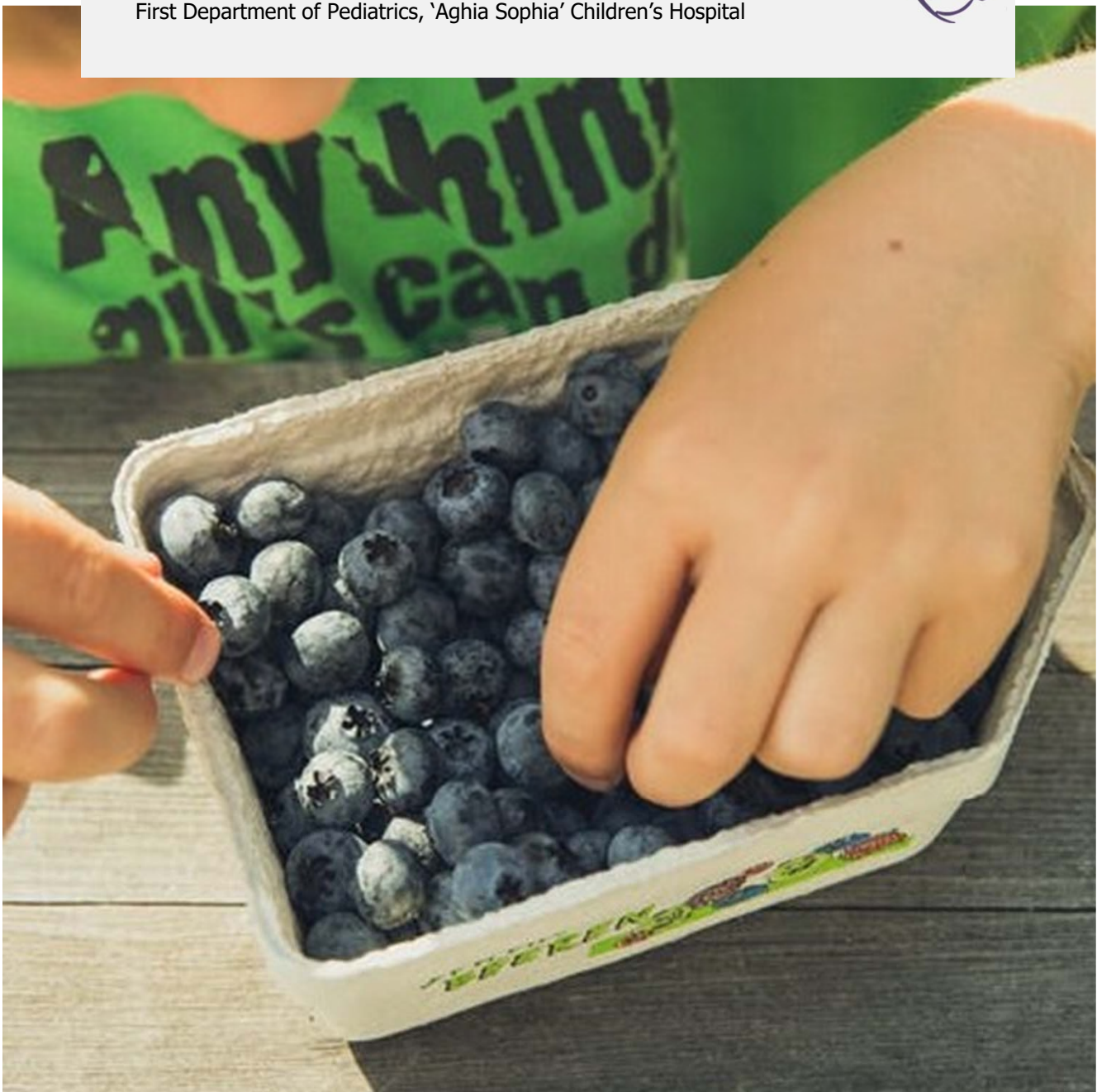
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Children aged 4–6 years

According to the American Academy of Pediatrics, for children up to the age of 6 years with overweight and obesity, whose body mass index (BMI) is up to the 98th percentile, the goal is to maintain weight or reduce BMI. For children up to 6 years of age with obesity, whose BMI exceeds the 98th percentile, gradual weight loss (no more than 0.5 kg/month) is recommended until the BMI returns below the 98th percentile.

Recommendations for maintaining a healthy body weight

Your child should receive a variety of foods from the 5 main food groups every day: Cereal and starch group, vegetable group, fruit group, dairy group, and meat group.

Macronutrients

| Food groups | Recommended amount/ day | Advice |
|--|-------------------------|--|
| Dairy group 1 portion = 1 cup (250 mL) milk or 200 g yogurt or 30 g (1 slice) cheese | 2-3 portions | Choose low-fat dairy products (1.5-2%) |
| Vegetable group 1 portion = 150-200 g raw or cooked vegetables or 1 cup raw vegetables or ½ cup cooked vegetables | 1-2 portions | Prefer seasonal vegetables that have a variety of colors |
| Fruit group 1 portion = 120-200 g fruit or ½ cup of orange juice | 1-2 portions | Prefer seasonal fruits Opt for whole fruit consumption instead of juice |

| | | |
|--|---|--|
| <p>Cereal and Starch Group</p> <p>1 portion = 1 slice of bread or ½ cup cereal or ½ cup cooked rice or pasta</p> | <p>4-5 portions</p> | <p>Prefer whole grain products</p> <p>Prefer products low in salt, fat and sugar</p> |
| <p>Group of meat and legumes</p> <p>1 portion = ½ cup meat (60-90 g) or 90-120 g legumes or 90-120 g fish or 1 egg</p> | <p>Meat: 2-3 portions per week</p> <p>Legumes: 3 portions per week</p> <p>Fish and seafood: 2-3 portions per week</p> <p>Eggs: 4-7 per week</p> | <p>Prefer lean cuts of meat (skinless and visible fat).</p> <p>Prefer:</p> <ul style="list-style-type: none"> • Red meat: 1 times/ week • Meat: 1-2 times/ week • Legumes: 2 times/ week • Fish: 2 times/ week |
| <p>Group of oils, sweets and sweetened beverages</p> <p>1 portion = 1 tablespoon olive oil or butter or margarine or other vegetable oil or 1.5 tablespoon tahini</p> | <p>2-3 portions</p> | <p>Opt to use olive oil</p> <p>Limit as much as possible: cookies, candies, croissants, chocolate cake, butter, margarine, crisps, shrimp and fast-food</p> |
| <p>Group of added sugars</p> <p>sugar, sweeteners, sweetened beverages</p> | <p>Avoid</p> | <p>Avoid drinking soft drinks or juices with added sugars</p> |
| <p>AVOID GIVING YOUR CHILD BEVERAGES WITH CAFFEINE (E.G., COFFEE, TEA, ENERGY DRINKS) AS THEY AFFECT SLEEP AND CAUSE DEHYDRATION</p> | | |

Physical activity

According to the recommendations of the US National Association for Sport and Physical Education (NASPE), children up to the age of 5 years should participate in both organized activities (e.g., swimming lessons) and free activities (e.g., playing on the playground, walking pets) of graded intensity for **at least 1 hour per day**, and avoid periods of inactivity, which should not exceed **1 hour per day**.

According to the recommendations of the World Health Organization, children older than 5 years of age should participate in activities of graded intensity (moderate and high) for **at least 1 hour per day**, while they should participate **at least 3 days a week** in high-intensity activities and activities which strengthen the muscles and bones. Prolonged periods (two hours or more) of inactivity are discouraged, particularly during the morning hours.

Watching time (e.g., TV, computer, mobile, tablet) should not exceed **2 hours per day**.

Sleep

At this age, children need a total of 10-13 hours of sleep per day.

To help your child have a good quality sleep:

- Maintain a regular sleep schedule.
- Create a calm environment in your child's bedroom (dark and cool) without a television!
- Avoid the child's exposure to a TV, computer, mobile, or tablet screen at least 1 hour before bedtime.

An indicative daily diet of different calories

| Meals | Diet 1200 kcal | Diet 1800 kcal |
|------------------------|--|--|
| Breakfast | 1 cup of milk ½ cup of cereal | 1 cup of milk ½ cup of cereal |
| Morning snack | ½ small fruit cut into pieces | 1 small fruit cut into pieces 1 toast whole grain with 30 g cheese |
| Lunch | Legumes (60 g) ½ cup of vegetables 2 teaspoons olive oil ½ slice of bread | Chicken (90 g) grilled ½ cup of pasta ½ cup of vegetables 3 teaspoons olive oil |
| Afternoon snack | ½ small fruit cut into pieces 1 yogurt | ½ small fruit cut into pieces 1 yogurt |
| Dinner | 1 cup of vegetables ½ teaspoons olive oil ½ slice of bread 30 g cheese ½ cup of milk | 1 cup of vegetables 2 teaspoons olive oil 1 slice of bread 30 g cheese 1 cup of milk |