Guidelines for a Healthy Diet

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.