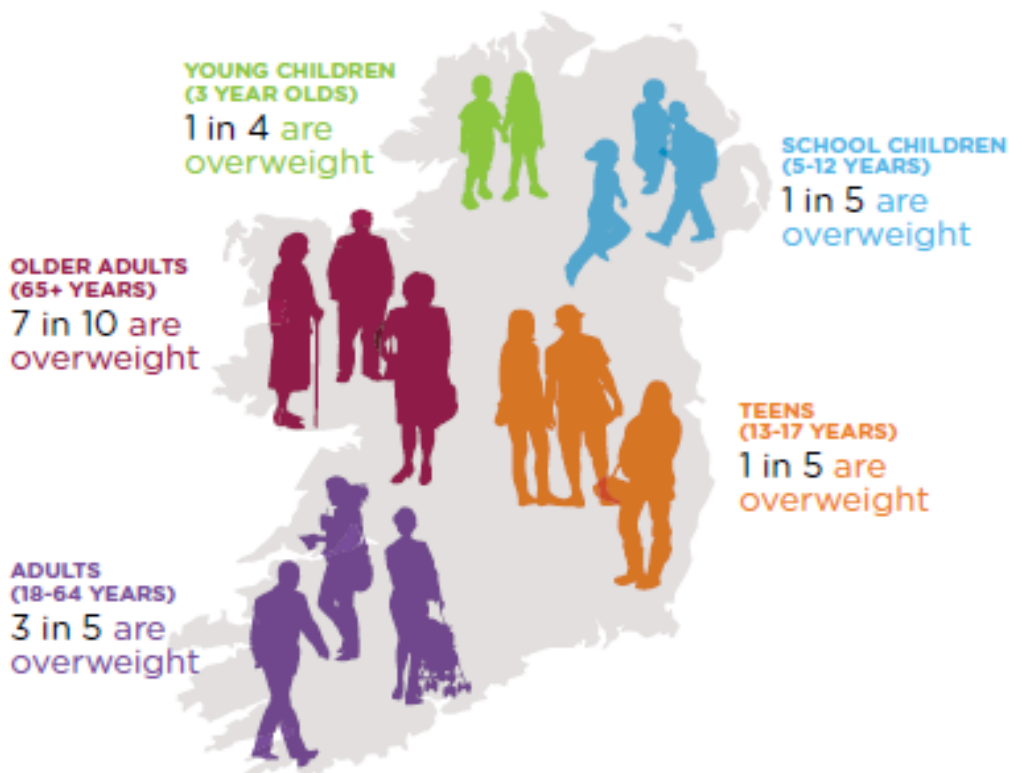


Health Promoting Schools



Setting the Scene- Latest Statistics

THE PROBLEM OF BEING OVERWEIGHT AFFECTS PEOPLE OF ALL AGES IN IRELAND.

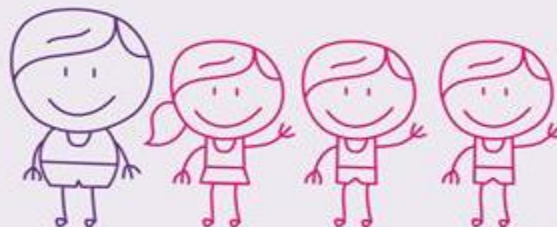


“Ireland has the second highest rate of obesity in Europe.”

CHILDHOOD OBESITY. THE FACTS.

ABOUT CHILDHOOD OBESITY

1 in 4
children is
overweight
or obese

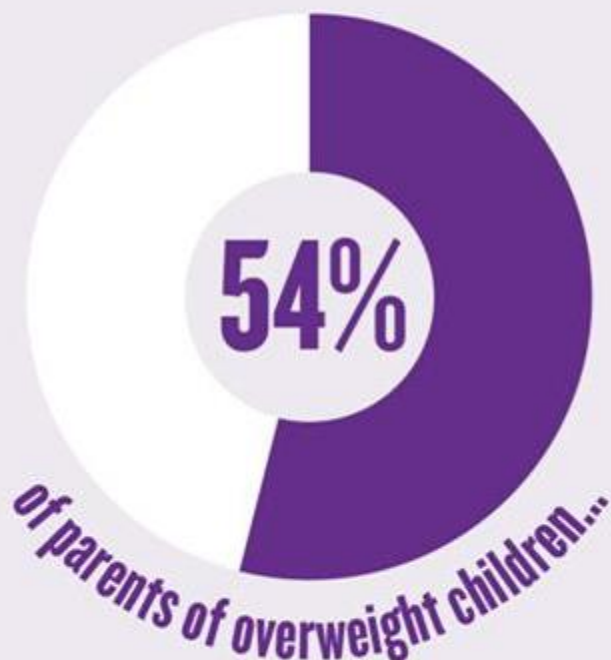


**Obese children are likely to
become obese adults**

Age in years	Risk in Boys	Risk in Girls
<8 years	1 in 5	1 in 3
8–13 years	1 in 3	>1 in 2
>13 years	1 in 2	2 in 3



Parents find it difficult to recognise that **their child's weight is not healthy**



...reported that they are 'about the right' weight for their height

ABOUT CHILDREN'S DIETS

Many children **DO NOT MEET** the dietary recommendations for fruit and vegetables, saturated fat or sugar

	Recommended intake	Actual intake
Fruit and vegetable portions	5	2 - 3
% energy from added sugars	<10%	14 - 15%



1/5 of the energy intake from a child's diet comes from sugary drinks, biscuits, confectionery, chocolate and cake

WHAT ARE THE CONSEQUENCES?

SHORT TERM EFFECTS

- ! problems with bone health
- ! breathing difficulties
- ! psychological and social issues

LONG TERM EFFECTS

- ! cancer
- ! heart disease
- ! type 2 diabetes



The Food Pyramid

Not needed for good health.

Foods and drinks high in fat, sugar and salt



NOT every day

!

Maximum once or twice a week

Fats, spreads and oils



In very small amounts

Meat, poultry, fish, eggs, beans and nuts



2 Servings a day

Milk, yogurt and cheese



3 Servings a day

5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice



3-5* Servings a day

Up to 7* for teenage boys and men age 19-50

Vegetables, salad and fruit



5-7 Servings a day

*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.



Drink at least 8 cups of fluid a day – water is best



Get Active!

To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

Your guide to **Vegetables, salad and fruit**

Choose 5 to 7 servings a day



What is one Serving?

1 serving size is:

Apple, orange, pear or banana	1
Plums, kiwis or mandarin oranges	2
Strawberries	6
Grapes	10
Raspberries	16
Cooked vegetables – fresh or frozen	½ cup
Salad – lettuce, tomato, cucumber	1 bowl
Homemade vegetable soup	1 bowl
Unsweetened fruit juice	150ml

Portion guide

Fill half your plate
with vegetables,
salads or fruit.



How many servings do I need a day?



Active	
Child (5–12)	3–4
Teenager (13–18)	4
Adult (19–50)	4–5
Adult (51+)	3–4
Inactive	
Teenager (13–18)	3
Adult (19–50)	3–4
Adult (51+)	3



Active	
Child (5–12)	3–5
Teenager (13–18)	5–7
Adult (19–50)	5–7
Adult (51+)	4–5
Inactive	
Teenager (13–18)	4–5
Adult (19–50)	4–6
Adult (51+)	4

There is no guideline for inactive children as it is essential that all children are active.

What is 1 serving?



2 thin slices wholemeal bread, 1½ slices wholemeal soda bread or 1 pitta pocket



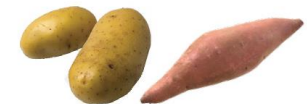
⅓ cup dry porridge oats or ½ cup unsweetened muesli



1 cup flaked type breakfast cereal



1 cup cooked rice, pasta, noodles or couscous



2 medium, 4 small potatoes, 1 cup yam or plantain

HOW MUCH BREAD IS IN YOUR SANDWICH?

PAN BREAD



2 slices of wholemeal pan bread (158 kcal)

PANINI



1 panini (283 kcal) = 3 ½ regular slices of pan bread

PITTA BREAD



1 pitta bread (153 kcal) = 2 regular slices of pan bread

CRUSTY ROLL



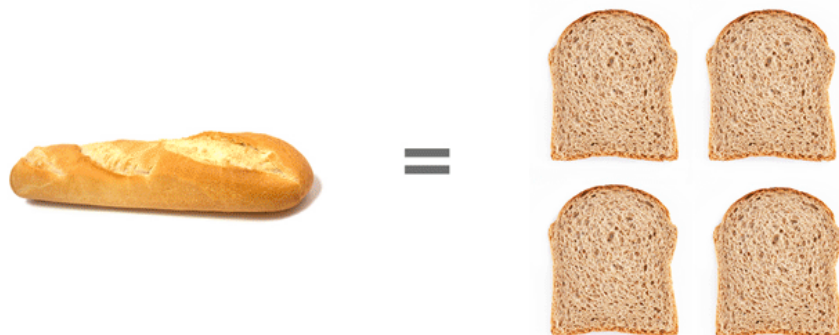
1 white crusty roll (131 kcal) = 1 ½ regular slices of pan bread

TORTILLA WRAP



1 tortilla wrap (160 kcal) = 2 regular slices of pan bread

DEMI BAGUETTE



1 demi baguette (316 kcal) = 4 regular slices of pan bread

THICK SLICES OF BREAD



2 thick cut slices of pan bread (193 kcal) = 2 ½ regular slices of pan bread

BAGEL



1 bagel (191 kcal) = 2 ½ regular slices of pan bread

CRISP BREAD



2 crisp bread (57 kcal) = ¾ regular slice of pan bread

Your guide to

Milk, yogurt and cheese

How many servings do I need a day?

The number of servings depends on age.



5-8 Years

3

9-18 Years

5

19-51+

3

What is 1 serving?



1 glass (200ml) milk



1 carton (125g)
yogurt



2 thumbs (25g) of
hard or semi-hard
cheese such as
cheddar or edam



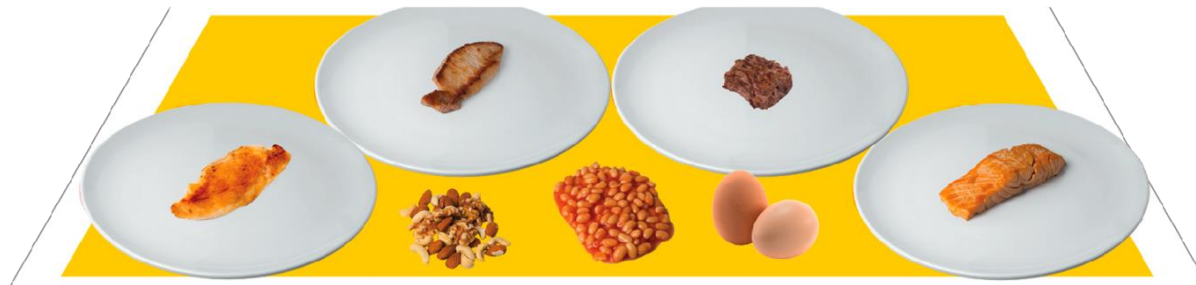
2 thumbs (25g) soft
cheese such as brie
or camembert



1 bottle (200ml)
yogurt drink

Meat, poultry, fish, eggs, beans and nuts

Choose 2 servings a day.



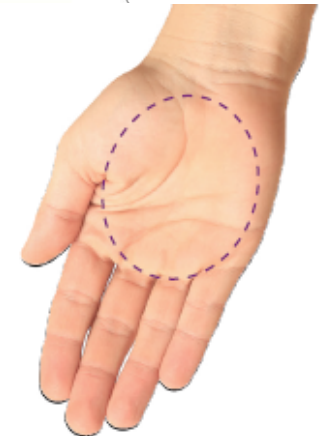
What is a Serving?

1 serving size is:

Lean beef, lamb, pork, mince or poultry	50–75g cooked (half size of palm of hand)
Cooked fish, soya or tofu	100g
Beans or lentils	$\frac{3}{4}$ cup
Eggs	2
Unsalted nuts or seeds	40g

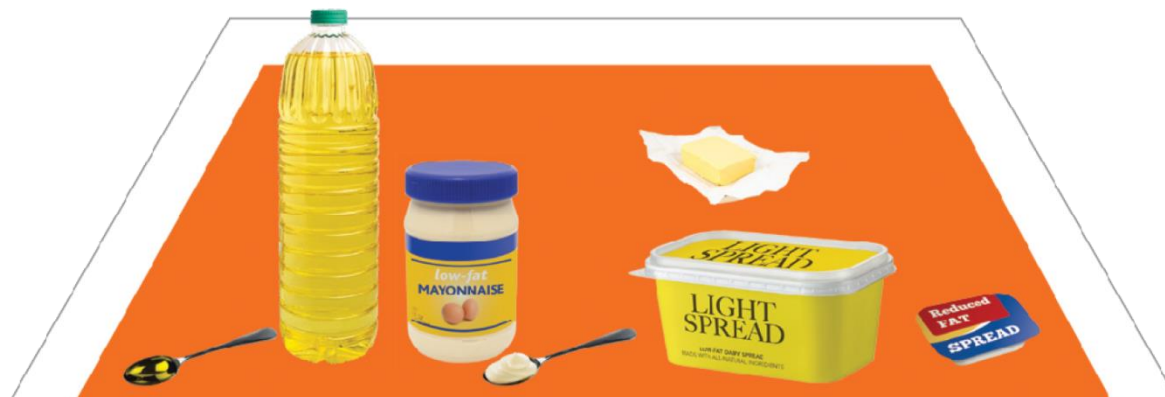
Portion guide

The palm of the hand, width and depth without fingers and thumbs, shows how much meat, poultry and fish you need in a day.



Your guide to **Fats, spreads and oils**

Use as little as possible.



What is a Serving?

1 serving size is:

1 portion pack of reduced-fat or light spread
for 2 slices of bread.

1 teaspoon of rapeseed, olive, canola, sunflower
or corn oil per person when cooking.

Portion guide

Portion packs of
reduced-fat spread
found in cafes can
guide the amount
you use. One should
be enough for two
slices of bread.



**1 for 2 slices
of bread**

Your guide to
**Foods and drinks
high in fat,
sugar and salt**

Not every day – maximum
once or twice a week.



A Guide to 100 Calories

Each of the following contains 100 calories

4 squares of chocolate (half a bar)

1 small or fun-sized chocolate coated bar

1 bag lower-fat crisps

1 small cup cake (no icing)

1 plain mini muffin

2 plain biscuits or 1 chocolate biscuit

½ can or 200ml of sugary drink

1 scoop of vanilla ice-cream

½ or 1 cereal bar – check the label for calories

5–6 chips



Feidhmeannas Seirbhíse Sláinte
Health Service Executive

Healthy Portion Sizes for 5-11 year olds

Eating well for 5-11 year olds

Plate sizes

The plates and dishes used in the food photos in *Eating well for 5-11 year olds* are shown here in actual size. If you wish to use sample plates for training purposes, print the pages, laminate them and cut out the plate shapes.



Snack bowl



Large plate

www.cwt-chew.org.uk



HealthPromotingSchools
Scoileanna Cothaithe Sláinte


Breakfast

BREAKFAST Cornflakes and raisins with milk, and sliced banana



BREAKFAST Cornflakes and raisins with milk, and sliced banana

5-11 year olds

 <p>The portion sizes shown in the photo meet the needs of an average 5-11 year old.</p>	
Cornflakes	30g
Semi-skimmed milk	150ml
Raisins	20g
Banana	80g
Orange juice	150ml

Packed Lunch

PACKED LUNCH Chicken and sweetcorn sandwich with pepper sticks and pineapple chunks



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Chicken and sweetcorn sandwich	150g
Pepper sticks	80g
Pineapple (in juice)	100g
Water	150ml

Main meal

MAIN MEAL Roast beef with gravy, roast potatoes and mixed vegetables



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Roast beef	50g
Gravy	20g
Roast potatoes	120g
Mixed vegetables	80g
Water	150ml

MAIN MEAL Spaghetti Bolognese with cucumber sticks and tomato



The portion sizes shown in the photo meet the needs of an average 5-11 year old.

Spaghetti	120g
Bolognese sauce	180g
Cucumber	40g
Tomato	40g
Water	150ml

Tooth Decay

- **Tooth decay is caused mainly by having sugary food & drinks frequently between meals**

Children who consume sugary food/drinks in between meals 3 or more times a day had significantly more decay

(Oral Health of 5 year old children in the North East 2002)

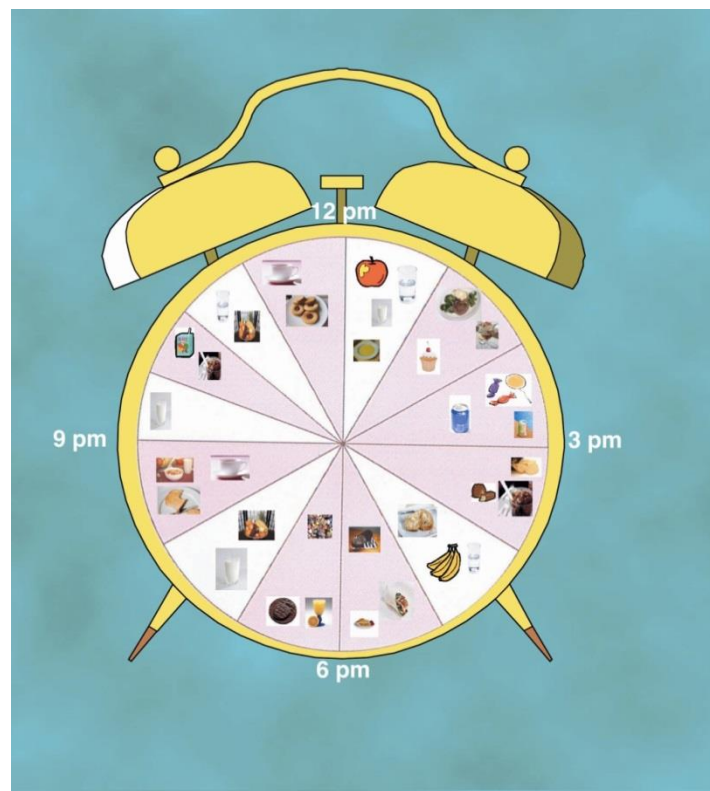
It's not the amount of sugar in food or drink that causes tooth decay, it's having sugar more than 4 times a day, including

Sugar taken **at mealtimes only,**

means **less risk** of tooth decay



Sugar taken **between** meals means **more risk** of tooth decay



■ Choose healthy snacks/drinks between meals

Calories per 2
biscuits



#LetsSayNo



How many calories in...? Chocolate

210
cal



137
cal



95
cal



70
cal



165
cal



229
cal



100
cal



107
cal



240
cal

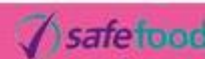


170
cal



* Calorie information based on the serving size shown

#LetsSayNo



How many calories in...? Sweets

222
cal



182
cal



164
cal



176
cal



148
cal



184
cal



47
cal



* Calorie information based on serving size shown

#LetsSayNo



How many calories in...?

Crisps

86
cal



136
cal



197
cal



89
cal



91
cal



103
cal



172
cal



DRINKS

- The amount of fluid we need depends on how active we are and how warm it is.
- To stay healthy we should drink about 8 glasses or 1.2 litres per day.
- Water and milk are the best choices for drinking regularly throughout the day.

WATER

- **Water** is the best thirst quencher during and between meals.
- It is sugar and calorie free so it is kind to teeth and waistlines!
- Still water is kinder to teeth than fizzy/sparkling varieties
- Carry a bottle of water to school, work or play



MILK

- **Milk** is a great choice for people of all ages.
- It is tooth friendly and is packed with vitamins and minerals like calcium, which help to build and maintain healthy bones and teeth.
- Flavoured milks can be a good alternative but should be consumed at meals because they contain added sugar.
- When buying them compare the labels and choose those with the lowest amount of added sugar



“Sugary drinks linked to increased diabetes risk”



Dr Donal O'Shea called on parents to take steps to stop children consuming fizzy drinks, which he described as "nutritionally empty".

Friday, 26 April 2013 – RTE News

Facts On Drinks!!!



330ml coke

**12 cubes of
Sugar**



**200ml Capri
Sun**

**6 cubes of
Sugar**



**Plain
Water**

No Sugar

Fat/ Sugar Display

- 1 sugar cube = 3 g sugar (1/2 heaped teaspoon)
- 1 fat pat





500 ml bottle- 16 ½ cubes sugar



500 ml bottle-1 cube sugar



330ml can- 10 cubes sugar



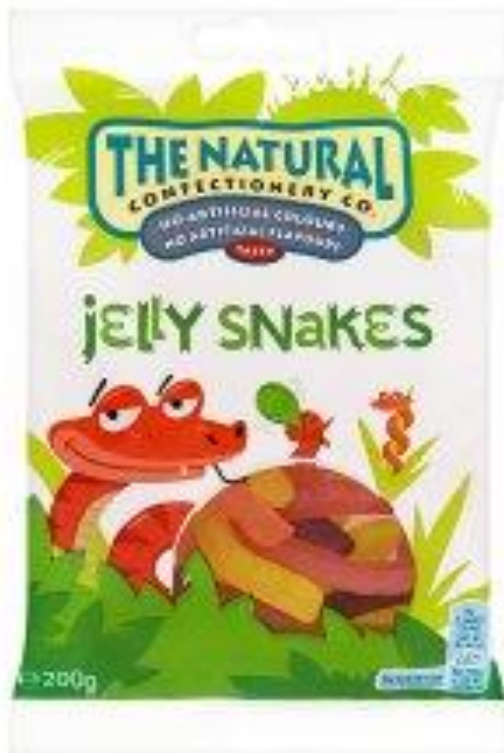
330ml can- 14 cubes sugar



50 g bag
8 sugar cubes



25g bag
4 sugar cubes



200g bag
43 sugar cubes



190g bag
48 sugar cubes



14.4 g bag
<3 sugar cubes
<1 fat pat



40g bag
7.5 sugar cubes
<2 fat pats



18g bar
<3.5 sugar cubes
<1 fat pat



Rice krispies cereal bar (20g)

2 ½ sugar cubes

< ½ fat pat



Rice krispies squares rocky road bar (34g)

4 sugar cubes

½ fat pat



Flapjack original (40g)

3 sugar cubes

1 ½ fat pats



Nature valley granola oats and
honey cereal bar (42g)

4 sugar cubes

1 fat pat



Nutri-grain cereal bar (37g)

4 sugar cubes

½ fat pat



Special k cereal bar (23g)

3 sugar cubes

1 g fat

Cereal Bars

- Not a suitable substitute for breakfast
 - Better to have plain cereal with milk to provide fibre and calcium
- High in fat and sugar
- Can be quite sticky or chewy- not good for teeth





	Sugar/ 100g	Fat/100g
Frusli	33.8	7.2
Go Ahead	41.1	10.1
Barney	30	11
Belvita	24	16
Nature Valley	28.3	17.2
Harvest Morn	34.9	29.3
Rice Krispies	32	12
Oaty flapjacks	29	23.3
Special K	38	5
Organic	28.7	6.6
Weetabix oaty bar	20g	7.4

FACTS ABOUT ENERGY DRINKS



PRODUCT	SERVING	SUGAR	CAFFEINE
Mountain Dew	500ml	66g	90mg
Monster Energy, Monster Assault	500ml	55g	160mg
Energise Edge	440ml	48g	140.8mg
Dart	250ml	28g	75mg
Red Bull Energy Drink, Red Bull Blue Edition Blueberry, Red Bull Red Edition Cranberry	250ml	27.5g	80mg
Tiger	250ml	27.5g	80mg
Relentless Origin	250ml	27g	80mg

PRODUCT	SERVING	SUGAR	CAFFEINE
Blue Bear	250ml	26.5g	75mg
Boost	250ml	26.5g	75mg
Red Thunder	250ml	26g	75mg
KX Energy	250ml	24.5g	80mg
Tesco Blue Spark	250ml	24.5g	75mg
Emerge	250ml	24.5g	75mg
Monster Rehab	500ml	11g	160mg

1 teaspoon = 4g sugar 1 cup of espresso = 80mg caffeine. Data collated March 2016.

CHECK BEFORE YOU CHOOSE



Energy drinks are not suitable:

- for children under 16 years of age
- for rehydration after sport or exercise
- as a mixer with alcohol.



The label has the facts

Compare the labels before you buy as many energy drinks contain high amounts of sugar and caffeine.

be safe be healthy be well

ABOUT PHYSICAL ACTIVITY



Preschool children on
the island of Ireland
watch an average of



**2 hours
9 minutes
television a day**



**of preschool
children have
a TV in their
bedroom**

National guidelines

Children and Young People (2-18yrs)

- All children and young people should be active, at a moderate to vigorous level, for at least

60 mins every day.

- Include muscle-strengthening, flexibility and bone strengthening exercises 3 times a week



Daily Guide to getting active!

How much activity do I need a day?

To be healthy you need regular physical activity.



Children

At least 60 minutes of moderate to vigorous activity every day



Adults

At least 30 minutes of moderate activity on five days a week



What is moderate activity?

Increased breathing and heart rate, but still able to carry on a conversation. Feeling warm or be sweating slightly. Done at a comfortable pace. Examples include brisk walking, gardening, water aerobics, cycling slower than 10 miles a hour.



What is vigorous activity?

Breathing heavily, cannot keep a conversation going, faster heart rate and sweating. Concentrating hard. Examples include jogging or running a mile in 10 minutes or faster, swimming, active sports like football, squash, aerobics.



What Parents Can Do

- Support the School's Healthy Eating Policy
- Encourage healthy eating for the whole family in the home and outside the home
- Encourage daily physical activity for the whole family

