

ONE POTATO TWO TOMATO
ACTIVITY LEVEL CRITERIA FOR SELECTING YOUR CHILD OR ADOLESCENT'S
HEALTHY KIDS MEAL PLAN MENU'S

Below are some guidelines for suggested daily caloric intake, physical activity and weight tables based on age and gender you can use to help you determine & choose a healthy meal plan for your child/adolescent.

Choose which physical activity level suits your child/adolescent best:

SEDENTARY 30 minutes (1/2hr) Or less of daily Physical Activity or Sports	MODERATE 60 minutes (1hr) or less Of daily physical activity or less	ACTIVE 60 minutes (1hr) or more of daily physical activity	DAILY MOVEMENT (not considered body- conditioning exercise) however, beneficial in addition to moderate and active exercises.
Everyday Recreational movement/physical Activities not body conditioning exercise includes: Archery, Bowling, badminton, fishing, other recreational sports & or free play/recess on a school playground or park or being at rest.	Brisk walking, Bike & Scooter riding, golf, softball, baseball, Lacrosse, Volleyball, Frisbee, Martial Arts, grappling, wrestling Hiking, Indoor Rock Climbing, Tennis, paddle ball, Tether ball, kick- ball, Jumping Rope, Pilates, Yoga	Jogging, Running, Swimming, Racquetball, Ice &/or Roller skating, Skiing, Soccer, Gymnastics, Aerobic, hip-hop Dance, Kickboxing, Weight-Training, combo-circuit training fitness	Bouts of walking in and around school, home, shopping etc. Household chores, gardening, playground free play 30 minutes or less.
Exercise is defined as continuous movement that conditions the body and elevates a child's or adolescent's heart rate in or near their estimated "target heart rate zone" indicated for improving their overall physical condition. Improving muscular strength, cardio-respiratory endurance, flexibility, building lean muscle mass & decreasing body fat composition.			

Estimated Daily Caloric Needs For Boys Based on Age, Gender & Activity Levels

Boys Ages	Sedentary(<30 mins)	Moderate(60 mins)	Active (60 mins or >)
6-9	1200-1400	1500-1700	1800-2000
10-14	1500 -1900	1700-2100	2200-2800
15-18	2000-2300	2400-2700	2700-3000
19-30	2400-2200	2700-2400	3000-2700

Estimated Daily Caloric Needs For Girls Based on Age, Gender & Activity Levels

Girls Ages	Sedentary (<30 mins)	Moderate (60 mins)	Active (60 mins or >)
6-9	1200-1300	1400-1600	1700-1900
10-14	1300-1700	1500-1900	2000-2400
15-18	1700-1800	1900-2000	2100-2400
19-30	1900-1700	2000-1800	2400-2100

Average Yearly Growing Pains & Gains For Boys & Girls 6-19 years of age

Height Growth in inches	Weight Gain in Pounds for Height Growth in inches	Current Percentile For weight in pounds	
1-3" inches per year	0-3 pounds per year	5 th - 85 th %/le range	Healthy Normal
1-4" inches per year	1-4 pounds per year	5 th - 85 th % le range	Healthy Normal
1-4" inches per year	5-7 pounds per year	85 th - 90 th %'le range	Healthy Normal ? being At Risk For Overweight- ask your pediatrician
1-4" inches per year	8-10 pounds per year	90 th -95 th %/le range	At risk Overweight- weight loss or maintenance may be indicated.
1-4" inches per year	10 pounds or more	Above the 95 th %/le	Overweight- Obese- weight loss indicated & or medical risks or complications may be present or screened for.