

Table 1 Government recommendations for energy, macronutrients, salt and dietary fibre for males and females aged 1 -18 years¹

Age (years)	1		2 - 3		4 - 6		7 - 10		11 - 14		15 - 18	
Gender	Males	Females	Males	Females	Males	Females	Males	Females	Males	Females	Males	Females
Energy(MJ/day)	3.2	3.0	4.55	4.2	6.2	5.8	7.6	7.1	10.5	8.4	10.5	8.4
Energy (kcal/day)	765	717	1088	1004	1482	1378	1817	1703	2500	2000	2500	2000
<i>Macronutrients</i>												
Protein (g/day)	14.5	14.5	14.5	14.5	19.7	19.7	28.3	28.3	42.1	41.2	55.2	45.0
Fat (g/day) [Less than]	—	—	—	—	58	54	71	66	97	78	97	78
Saturated fat (g/day) [Less than]	—	—	—	—	18	17	22	21	31	24	31	24
Polyunsaturated fat (g/day)	—	—	—	—	11	10	13	12	18	14	18	14
Monounsaturated fat (g/day)	—	—	—	—	21	20	26	25	36	29	36	29
Carbohydrate (g/day) [At least]	—	—	145	134	198	184	242	227	333	267	333	267
Free sugars (g/day) [Less than]	—	—	15	13	20	18	24	23	33	27	33	27
Salt (g/day) [Less than]	2.0	2.0	2.0	2.0	3.0	3.0	5.0	5.0	6.0	6.0	6.0	6.0
Fibre (g/day)	—	—	15	15	15 (4y) 20 (5-6y)	15 (4y) 20 (5-6y)	20	20	25	25	30	30

¹The figures in this table should be used in conjunction with the following information:

Energy figures were derived from SACN Dietary Reference Values for Energy (2011). Figures for all age groups, with the exception of one year olds were averaged accordingly. Figures for 11 - 18 year olds have been capped at 10.5 MJ (2500kcal)/day for males and 8.4MJ (2000kcal)/day for females to help address issues of overweight and obesity. The figures for energy in this table relate to the general population and individual requirements may vary.

Protein figures were obtained from Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991).

Fat figures were calculated using the energy figures from SACN Dietary Reference Values for Energy (2011). The percentages for which to calculate grams per day of fat (35% food energy); saturated fat (11% food energy); polyunsaturated fat (6.5% food energy) and monounsaturated fat (13% food energy) were obtained from Dietary Reference Values for Food Energy and Nutrients for the United Kingdom (1991).

Carbohydrates figures were calculated using the energy figures from SACN Dietary Reference Values for Energy (2011). The percentage for which to calculate grams of carbohydrate per day (50% total dietary energy) was obtained from SACN Carbohydrate and Health (2015).

Free sugars are any sugars added to food or drinks, or found naturally in honey, syrups and unsweetened fruit juices. The figures for free sugars were calculated using the energy figures from SACN Dietary Reference Values for Energy (2011). The percentage for which to calculate grams of free sugars per day (5% food energy) was recommended in SACN Carbohydrate and Health (2015). No recommendation was made for free sugars for those under 2 years of age.

Salt figures were obtained from SACN Salt and Health report (2003). These target salt intakes do not represent ideal or optimum consumption levels, but achievable population goals.

Dietary fibre figures were obtained from SACN Carbohydrate and Health (2015). These figures are based on evidence in which the consumption of a variety of foods rich in dietary fibre as a naturally integrated component is associated with beneficial health outcomes [SACN Carbohydrate and Health (2015)]. No recommendations were made for children aged under 2 years, however it is recommended that from about six months of age, gradual diversification of the diet to provide increasing amounts of whole grains, pulses, fruits and vegetables should be encouraged.