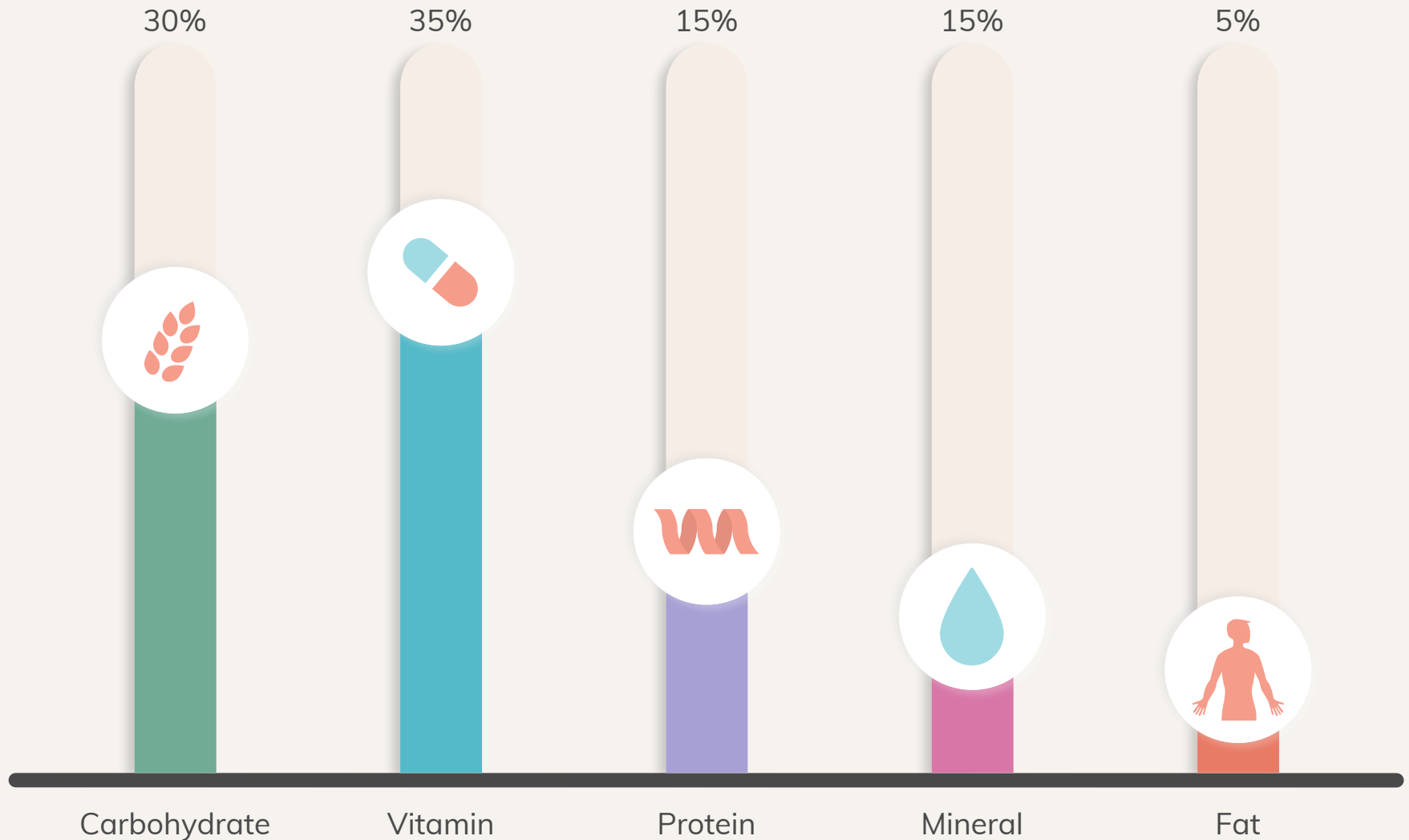


The Ideal Amount of Nutrition **TO CONSUME EVERY DAY FOR CHILDREN UNDER 10**



Daily Nutrition Values of Spanish Children under 10

For almost all children, intake of saturated fat was above, and that of carbohydrate below, the recommended level, in contrast to the relatively high compliance with the recommendations for poly- and monounsaturated fatty acid, salt and fiber intake (69.7, 43.7, 40.7, and 30.1%, respectively)

Children aged 6-10 show scant compliance with the macronutrient goals for healthy eating. Children who complied with all the food guide pyramid recommendations registered a higher dietary variety and a healthier nutritional profile.

Source: www.researchgate.net/publication/10646502_Spanish_children's_diet_Compliance_with_nutrient_and_food_intake_guidelines (adapted)

Mediation: Write a **Memo** for the Galician Dept of Health juggling the information you have on these two pages

- Explain the current trends in eating habits of Spanish kids
- Discuss the gap between the graph and the study

