The level of awareness of healthy living among the children surveyed is surprisingly high given the rising UAE obesity rate. However, there are gaps that need to be addressed. — Kartik Iddity, general manager, Bupa Global in Africa, India and the Middle East

Three Top Tips for Parents to Maintain Healthy Living Habits

1. Children between the ages of four to six years old should only have four grams of sugar per day. This is around the same amount of sugar in two sugar cubes. For children aged six to 10 years, the maximum intake is 10 grams of sugar per day (two sugar cubes). Children aged 10 or older should not consume 25 grams of sugar per day.

2. Children need to eat five portions of fruit and vegetables a day. This amounts to about one third of their plate size. For example, one portion of fruit is a medium apple or banana.