

WHAT DO WE *actually* EAT?

Empty calories from added sugars and solid fats contribute to **40% of daily calories for children and adolescents age 2 to 18 years**. Approximately half of these empty calories come from:



SODA



FRUIT
DRINKS



GRAIN
DESSERTS



DAIRY
DESSERTS



PIZZA



WHOLE
MILK

A 2018 study analyzed data and noted several disturbing trends in eating habits

- a higher percentage of energy from fat than present dietary guidelines recommend
- Increased consumption of higher-fat potato dishes and mixed dishes (pizza, macaroni and cheese, etc.)
- Inadequate fiber, raw fruit and vegetable (non-potato) consumption
- decreased milk consumption (low-fat replaced by high-fat)
- a substantial increase in consumption of soft drinks and non-citrus juices and drinks.



- Nearly **one-third** of high school students play video or computer games for three or more hours on an average school day.
- Children and teens spend **more than seven and a half hours a day** in front of a screen



• Nearly 28% of Americans, or 80.2 million people, aged 6 and older are physically inactive.



• More than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth.

Only **six states** (Illinois, Hawaii, Massachusetts, Mississippi, New York and Vermont) require physical education in every grade, K-12.

DO WE DO *anything* ABOUT IT?



HOW CAN WE *keep up* WITH THIS?



- Cut back on sugary drinks like soft drinks and energy drinks. Sugar-free versions are OK to drink sometimes, but **sugar-free carbonated drinks are still acidic**, which can have a negative effect on bone and dental health. **Water is the healthiest drink** – try adding a slice of lemon, lime or orange for flavor.

- When eating out at chain fast food stores, check the calories listed on the menu and choose the **lower calorie option**.



- Don't eat high-fat foods every time you visit a fast-food restaurant with your friends. Many of the popular **fast food chains now have healthier food choices on the menu**.
- Change your meeting place. Rather than meeting up with your friends at the local fast-food restaurant, **suggest a place that serves healthier foods**.

- Keep a fruit bowl stocked at home for **fast, low-calorie snacks**.

- Eat breakfast every day so you're **less likely to snack** on junk food in the morning.

- **Reduce** the size of your meals.

- Don't add salt to your food.

- Make recipes **lower in fat** by changing the cooking method -- grill, stir-fry, bake, boil or microwave, **instead of deep frying**.

