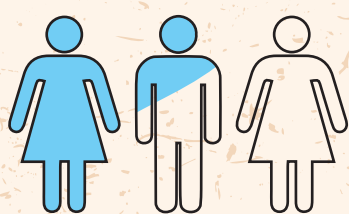


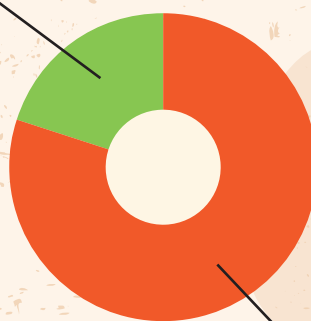
CHILDREN'S DIETS

a prescription for ill health



More than $\frac{1}{3}$ of American children and adolescents ages 6 to 19 are overweight or obese.

● eats the recommended servings of fruits or vegetables each day



More than 80 percent of adolescents aged 12 to 18 do not eat the recommended five or more servings of fruits or vegetables each day.

● does not eat the recommended servings of fruits or vegetables each day

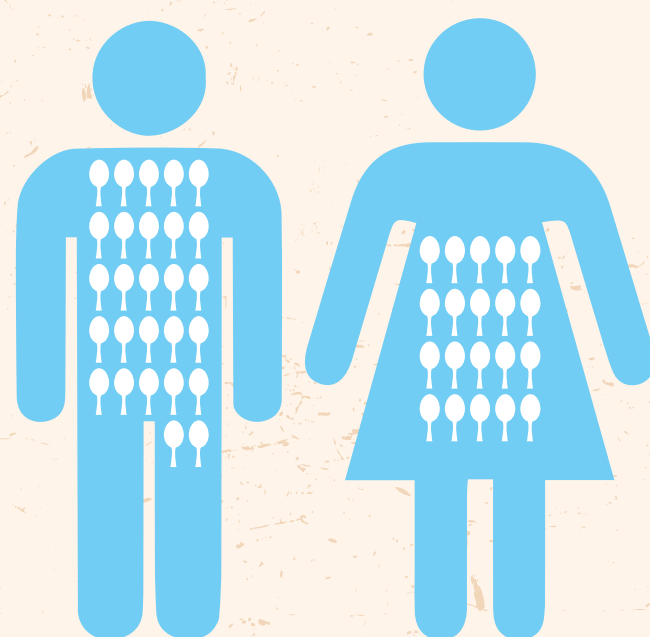
SODIUM



RECOMMENDED

CHILDREN AGED 8-18

Children aged 8 to 18 consume nearly 3,400 milligrams of sodium per day; twice the recommended amount. High sodium intake is associated with the risk of high blood pressure in children and adolescents. High-sodium diets may raise blood pressure even in infants.



Boys consume an average of

27

teaspoons of added sugars per day

Girls consume an average of

20

teaspoons of added sugars per day

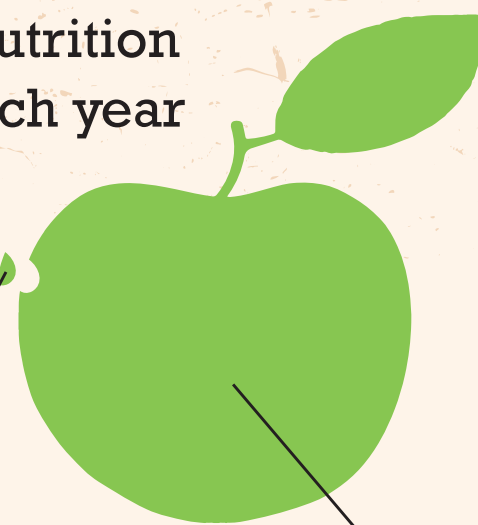


Artificial food dyes increase hyperactivity in children with Attention Deficit Hyperactivity Disorder (ADHD) and other problem behaviors.

Elementary students receive an average of just

3.4 hours

of food and nutrition education each year



3.4 hours

school year

For children and adults who consume more than a quarter of their calories from added sugars, about 60 percent of the added sugars comes from regular soft drinks and fruit ades.

