

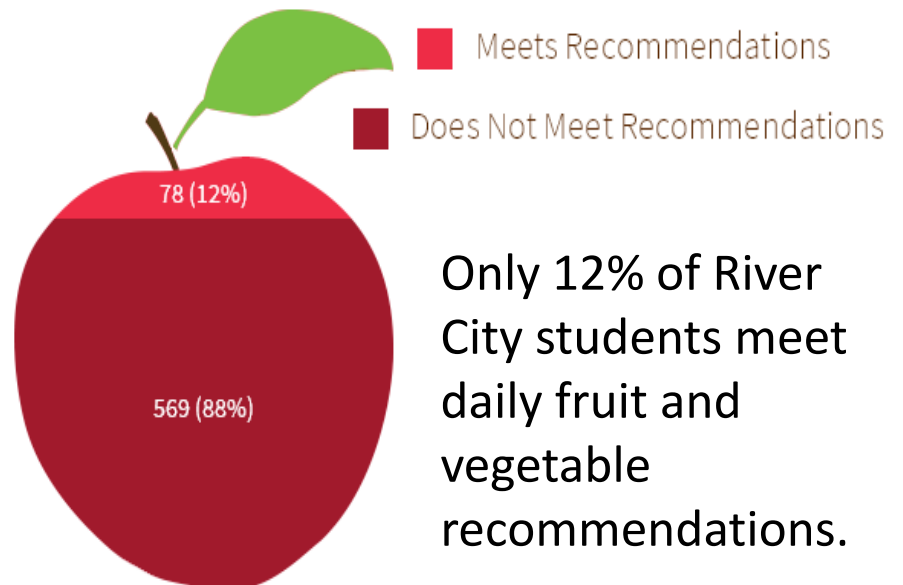
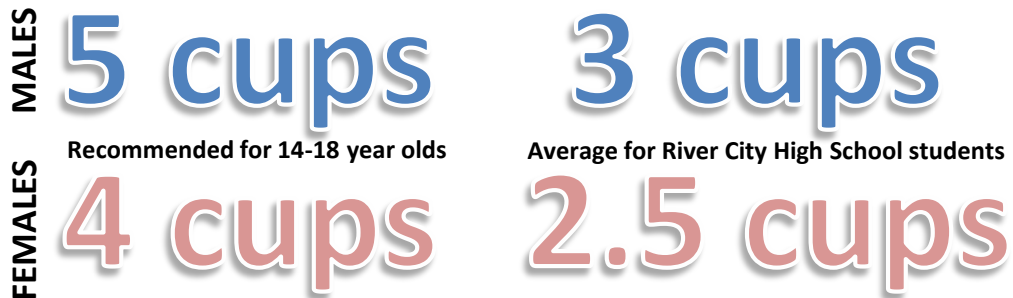


## Diet

Let's Get Healthy! visited River City High School on September 18<sup>th</sup>-20<sup>th</sup>, 2013 and collected research data from 1,550 River City High School students.

647 students completed the diet station and their results are shown below.

### Daily Fruit & Vegetable Intake



#### Breakfast

- 83.5% of students decide for themselves what they eat for breakfast.

#### Lunch

- 13.4% of students said that the school decides what they eat for lunch.

#### Dinner

- Most students (63%) said that their parents decide what they eat for dinner.



One in four students said they "never" or "rarely" eat breakfast.  
About half (46%) of students said they think about what they eat most days.

#### DAIRY INTAKE



**19 out of 20 River City students consume more sugar than recommended!**



#### Did you know?

It is recommended that females consume less than 6 teaspoons per day and males consume less than 9.

Only 6.5% of students thought that **students in their school** would meet recommendations for healthy diet. One third (32%) of students said they thought **their own diet** would meet recommendations.

# 2.7x

On average, at River City High School, students are consuming **2.7 times more** sugar than recommended.