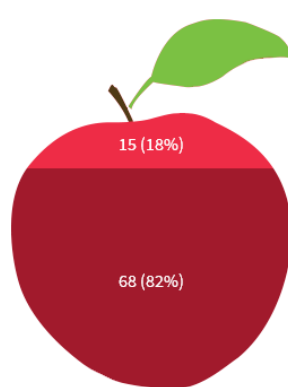
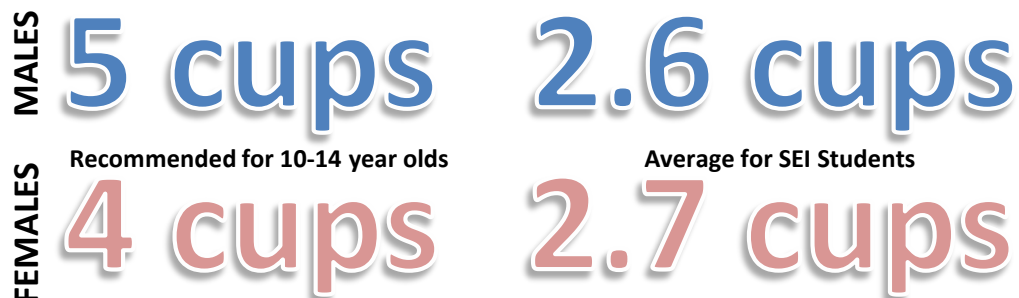


Let's Get Healthy! visited Self Enhancement, Inc. on December 5<sup>th</sup>, 2013 and collected research data from 278 SEI students and community members.

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

**Daily Fruit & Vegetable Intake**



Meets Recommendations

Does Not Meet Recommendations

Only **18%** of participants meet daily fruit and vegetable recommendations.

**Breakfast**

• 61% of students decide for themselves what they eat for breakfast.

**Lunch**

• 41% of students said that the school decides what they eat for lunch.

**Dinner**

• Four fifths (80%) said that their parents decide what they eat for dinner.



One in ten students said they "never" or "rarely" eat breakfast.  
Two thirds (67%) of students said they think about what they eat most days.

**DAIRY INTAKE**



**More than 9 out of 10 SEI participants 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 5% of students thought that **students in their school** would meet recommendations for healthy diet. More than one third (38%) of students said they thought **their own diet** would meet recommendations.

**2.5x**

On average, at SEI, students are consuming **2.5 times more** sugar than recommended.