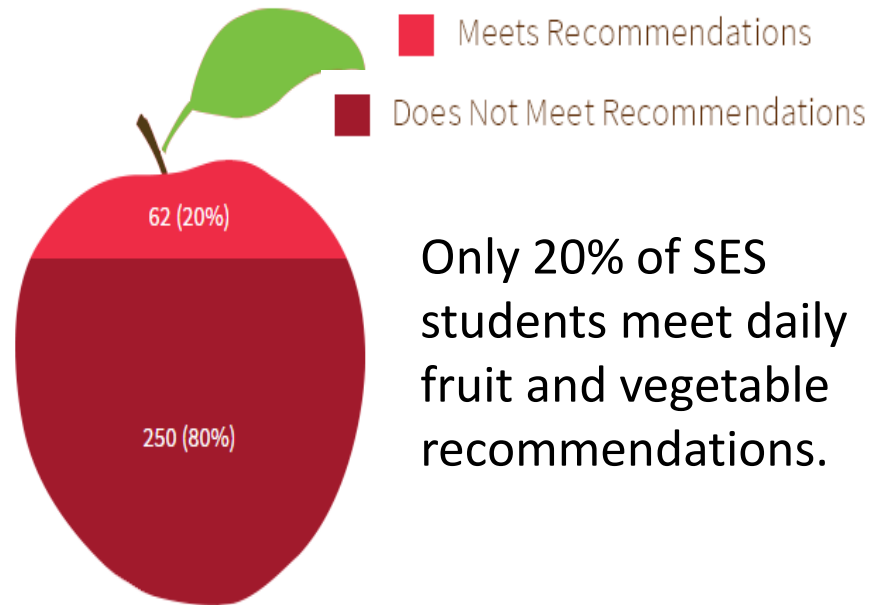
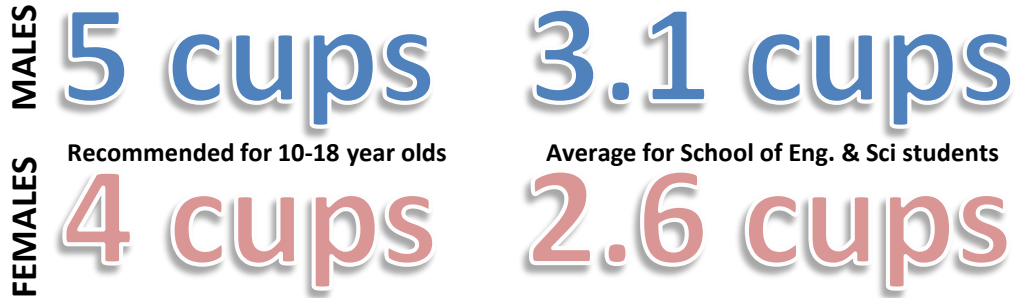


Let's Get Healthy! visited the School of Engineering and Sciences on November 18th & 19th, 2014 and collected research data from 459 SES students.

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

Daily Fruit & Vegetable Intake



Breakfast

- 72% of students decide for themselves what they eat for breakfast.

Lunch

- 20% of students said that the school decides what they eat for lunch.

Dinner

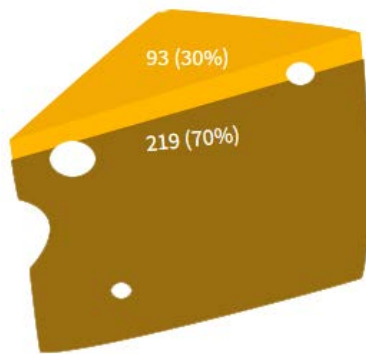
- Approximately 66% said that their parents decide what they eat for dinner.



One in five students said they "never" or "rarely" eat breakfast.
About half (51%) of students said they think about what they eat most days.

DAIRY INTAKE

■ Meets Recommendations
■ Does Not Meet Recommendations



9 out of 10 SES 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 9% of students thought that **students in their school** would meet recommendations for healthy diet. About one third (32%) of students said they thought **their own diet** would meet recommendations.

2.7x

On average, at SES, students are consuming **2.7 times more** sugar than recommended.