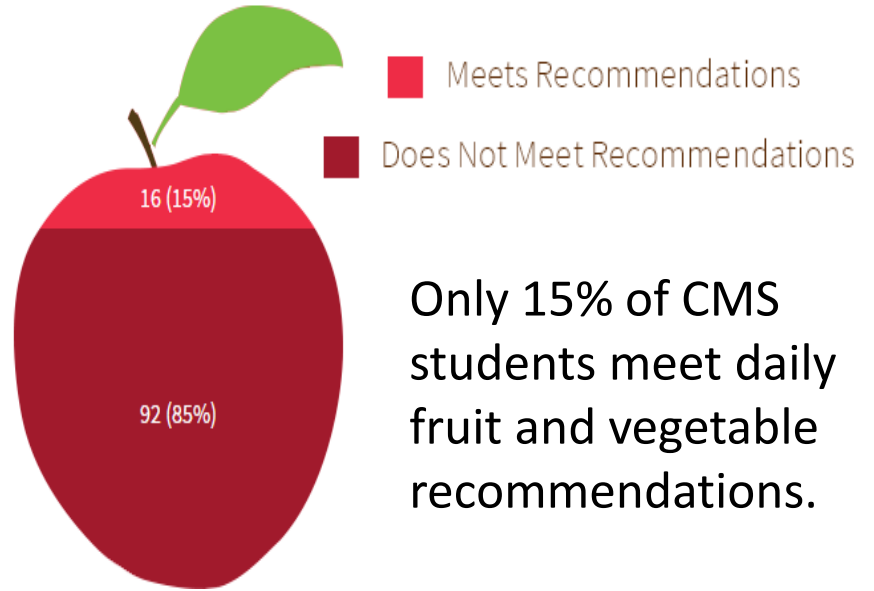
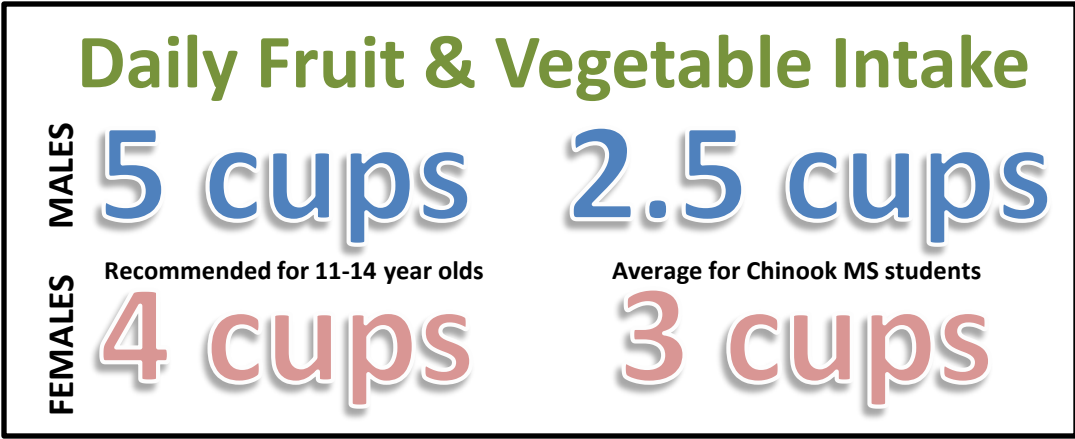


Diet

Let's Get Healthy! visited Chinook Middle School on December 4th, 2014 and collected research data from 421 CMS students.

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



- Breakfast** • 70% 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 80% said that their parents decide what they eat for dinner.



One in ten students said they "never" or "rarely" eat breakfast.
About half (52%) of students said they think about what they eat most days.

DAIRY INTAKE



8 out of 10 CMS 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 11% of students thought that **students in their school** would meet recommendations for healthy diet. Over one third (37%) of students said they thought **their own diet** would meet recommendations.

2x

On average, at CMS, students are consuming **2 times more** sugar than recommended.