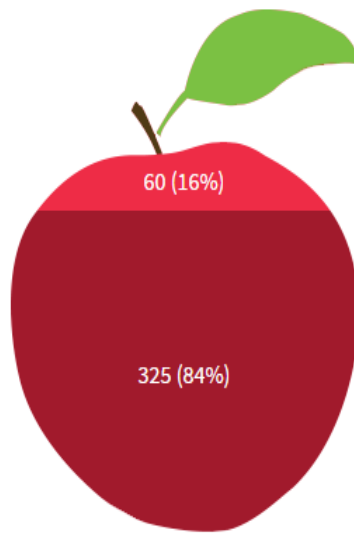
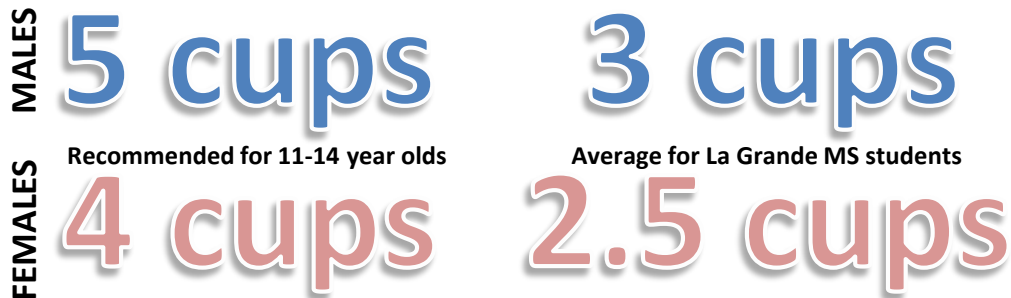


**Diet**

**Let's Get Healthy!** visited La Grande, Oregon on February 23<sup>rd</sup> and 24<sup>th</sup>, 2015 and collected research data from 805 middle school students from Cove, North Powder, Elgin, Union, Imbler, and La Grande.

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

**Daily Fruit & Vegetable Intake**



■ Meets Recommendations  
■ Does Not Meet Recommendations

Only 16% of students meet daily fruit and vegetable recommendations.

**Breakfast**

• 80% of students decide for themselves what they eat for breakfast.

**Lunch**

• 32% of students said that the school decides what they eat for lunch.

**Dinner**

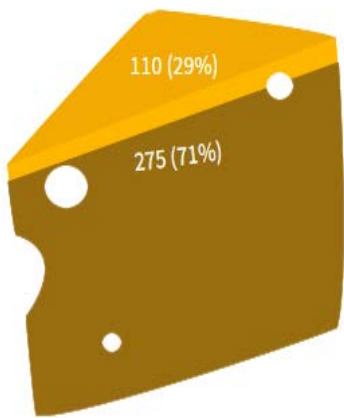
• Approximately 84% said that their parents decide what they eat for dinner.



One in eight students said they "never" or "rarely" eat breakfast.  
About 2 in 5 (42%) students said they think about what they eat most days.

**DAIRY INTAKE**

■ Meets Recommendations  
■ Does Not Meet Recommendations



**8 out of 10 La Grande area 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 10% 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 La Grande MS, students are consuming **2 times more** sugar than recommended.