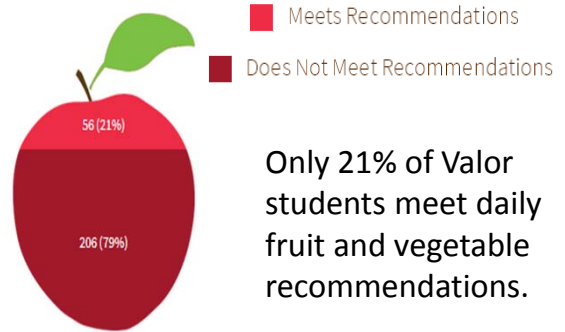
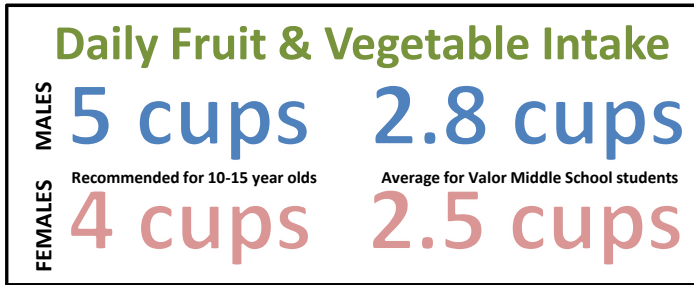


Let's Get Healthy! visited Valor Middle School on October 14th, 2013 and collected research data from 568 Valor students.

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



Breakfast

- 70% of students decide for themselves what they eat for breakfast.

Lunch

- 27% of students said that the school decides what they eat for lunch.

Dinner

- Three fourths (74%) said that their parents decide what they eat for dinner.



One in seven students said they "never" or "rarely" eat breakfast.
About half (45%) of students said they think about what they eat most days.

DAIRY INTAKE



9 out of 10 Valor 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 14% of students thought that **students in their school** would meet recommendations for healthy diet. About one third (30%) of students said they thought **their own diet** would meet recommendations.

2.3x

On average, at Valor, students are consuming **2.3 times more** sugar than recommended.