

AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2021:

1 IN 5
(21.4%) did not eat any fruit*

1 IN 10
(9.8%) did not eat any vegetables*

1 IN 5
(18.8%) drank soda or pop one or more times per day*

1 IN 4
(24.3%) did not eat breakfast*

*During the 7 days before the survey



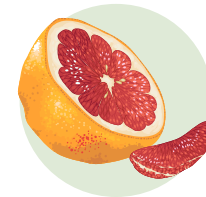
Maternal & Child Health Service



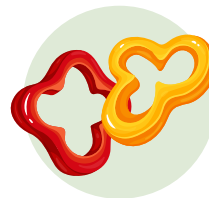
RECOMMENDATIONS¹ TRY THIS:



Air-popped popcorn without butter



Fresh, frozen or fruit canned in natural juices



Fresh, cut-up vegetables



Smoothies and popsicles made with real fruit and vegetables

DO THIS:

- Enjoy meal time with others and avoid electronics while eating.
- Start with smaller portions and ask for more if you're still hungry.
- Have healthy food options available to choose from.
- Read nutrition facts labels to see amount equal to one serving.

1. Oklahoma Academy of Nutrition and Dietetics: Oklahoma Nutrition Manual 15th Edition, 2021.

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