

PREVENT OBESITY

Encourage our youth to make healthy choices!

AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2015:

- 28%** Ate fruit or drank 100% fruit juice two or more times a day¹
- 12%** Ate vegetables 3 or more times a day¹
- 20%** Drank a can, bottle, or glass of soda or pop two or more times a day¹
- 17%** Did not eat breakfast¹

FOR MORE INFORMATION CONTACT:



MCH Assessment Division

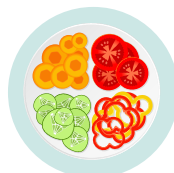
Oklahoma State
Department of Health

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RECOMMENDATIONS²



COLOR IT UP

Vary your vegetables to include green, red, and orange choices.



EAT AT LEAST 3 TIMES A DAY

starting with breakfast or a morning snack (or choose smaller meals and snacks). Try to space meals 3-5 hours apart.



REACH THE DAILY GOAL

Include 2 ½ cups of vegetables and 2 cups of fruits each day (the recommended amounts for a 2,000 calorie reference diet)**



ACCESS TO BETTER CHOICES

AT SCHOOL:
Offer healthy fruit snacks in vending machines (dried fruits, fruit and nut bars, etc.).

AT HOME:
Keep healthy foods and drinks readily available and in plain sight.



EAT MORE FRUITS AND VEGETABLES

Focus on eating whole fruits and vegetables more often than drinking juices.*



AVOID SUGARY SNACKS

Snack on fresh, frozen, canned, or dried fruits instead of sugar-sweetened treats.



CREATE HEALTHY MEALS

Add fresh, frozen, or canned fruits and vegetables to salads, side dishes and recipes.

1. During the 7 days before the survey
2. ChooseMyPlate.gov

* For children 7 to 18 years of age, juice intake should be limited to 8 ounces or 1 cup of the recommended 2 to 2.5 cups of fruit servings per day. Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. Pediatrics, May 2017, AAP Policy statement

** The recommended amounts of vegetables and fruits for teens may range from 1,400 to 3,200 calories depending on height, weight, and level of physical activity. You can find your specific food group targets at www.choosemyplate.gov/MyPlate-Daily-Checklist.

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