

WHAT YOUR KIDS EAT MATTERS

Children consume over
25% of calories
away from
home



 **ONLY 19%** of kids, ages 2-5, meet their daily recommended intake of fruits

 **ONLY 10%** eat their recommended intake for vegetables

Each daily serving of soda increases a child's risk for obesity by **60%**



When ordering for your kids:

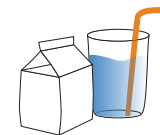
Skip the fried foods.



Choose fruits and veggies on the side.



Choose milk or water every time.



At Choose Health LA Restaurants:

Fewer fried menu items mean healthier options for your family.

All kids' meals come with a serving of fruit or vegetables.

If a drink is included, it will be water or low-fat milk.

References

Lin, B.-H. & Mentzer, R., (2015, June) Nutrient Intake Data: Taking a Look at the Nutritional Quality of Foods Eaten at Home and Away From Home. Retrieved from: <http://www.ers.usda.gov/amber-waves/2012-june/data-feature-food-and-nutrient-intake-data.aspx#.VrU1atUrJaR>
Ludwig, D. S., Karen, P. E., & Gortmaker, S. L. (2001). Relation between consumption of sugar-sweetened drinks and childhood obesity: a prospective, observational analysis (Vol. 357). The Lancet.
State of the Plate: 2010 Study on America's Consumption of Fruits and Vegetables, 2010. Produce for Better Health Foundation. Retrieved from http://pbhfoundation.org/pdfs/about/res/pbh_res/stateplate.pdf