

Average American Consumes
(In One Year)

756 Donuts

60 Pounds of Cakes and Cookies

23 Gallons of Ice Cream

7 Pounds of Potato Chips

22 Pounds of Cookies

90 Pounds of Fat

134 Pounds of Refined Sugar

Source: USDA

GETTING YOUR KIDS TO EAT RIGHT

OF DINNER MEALS EATEN OUTSIDE THE HOME PER MONTH - **8**

SUGAR

Average American child eats **275#** refined sugar yearly = **$\frac{3}{4}$ lb per day or 5 lbs per week.**

12 oz. orange soda is **48 grams of sugar or 12 teaspoons or $\frac{1}{4}$ cup of sugar (1 teaspoon per ounce).**

Dannon Yogurt 8 oz. cup has **43 grams of sugar = 11 teaspoons**

NOTE: **4 grams of sugar = 1 teaspoon**

FAT

Average American consumes $\frac{1}{4}$ lb or $\frac{1}{2}$ cup of fat per day = 88 grams of fat (the average daily recommended fat consumption is 45 grams).

Fat contributes to obesity; heart disease & cancer.

"Fat is the dietary substance most strongly linked to cancer. About 1/3 of all cancer deaths in the U.S. are related to diet, or about the same percentage caused by smoking." National Cancer Institute.

VEGGIE INTAKE

$\frac{1}{4}$ of all veggies consumed are French Fries.

50% of kids age 2-18 eat less than a single serving of fruit every day.

25% of school-age kids do not consume even ONE serving a day of veggies

OUR CHALLENGE

"The food industry spends 36 billion per year to advertise. A typical child is blasted with up to 10,000 food commercials a year."

Dr. Kelly Brownell, Yale University.

Compare these advertising budgets:

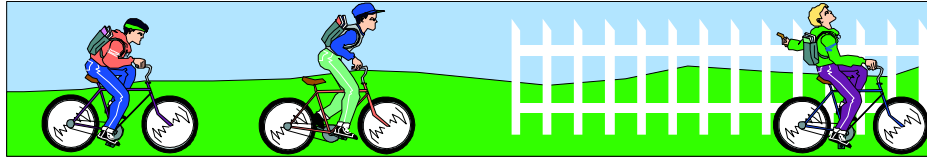
Kool-Aid	\$22 million/year
Kentucky Fried Chicken	\$34 million/year
McDonald's	\$500 million/year (on TV alone)

The National Cancer Institutes

*5-A-Day program - \$1
million/year*

The average American kid gets less than 15 minutes of exercise per day.

Kids are more sedentary today than ever. An average child watches 4 hours of TV per day.



HEALTH SURVEY

1. How many servings of fruit do you eat per day?
2. How many servings of veggies do you eat per day?
(1 out of every 4 pounds of veggies eaten is french fries)
3. How much do you exercise each day? What is the best exercise?
4. Which would you say you drink more of each day - coke, tea, coffee, juice or water? How much do you drink?
5. Do you have a family history of degenerative disease?
6. What is your single greatest frustration or challenge in developing healthy habits?



Fruits and Vegetables Grains

Fruits

Vegetables

Grains

Thank you for choosing to take care of your health!

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

-- Thomas Edison

“Let food be thy medicine and medicine be thy food.”

-- Hippocrates

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