

## ***How often does your family eat fast food?***

- ◆ Every day, nearly one-third of U.S. children ages 4 to 19 eat fast food.
- ◆ Compared to children who don't eat fast food, these kids:
  - Consume 187 more calories/day
  - Consume more fats, sugars and carbohydrates and fewer fruits and non-starchy vegetables
  - Gain about six extra pounds per child per year
  - Have an increased risk of obesity
- ◆ Fast-food consumption has increased fivefold among children since 1970.
- ◆ Recent data suggest that over 15 percent of U.S. youngsters and almost one-third of adults are obese.



### ***Are school lunches fast food?***

*While schools attempt to offer healthy menu selections, students often discard fruits and vegetables and opt for less healthy choices. Packing your child's lunch with healthy foods you know he or she will eat is always a better option.*

The results are based on a government study of 6,212 youngsters surveyed from 1994 to 1998. Children's current levels of fast-food consumption probably are even higher because of an increase in the number of fast-food restaurants and in fast-food marketing since the late 1990s. (CBS News CHICAGO, Jan. 5, 2003)

***When your family must eat on the go, consider packing a picnic meal or choosing a healthy selection from a deli or sub shop rather than burgers and fries!***