

What Youth in Maine are Eating

Reported in the 2015 Middle School and High School MIYHS



About 1 in 2
ate less than one vegetable
per day in a week

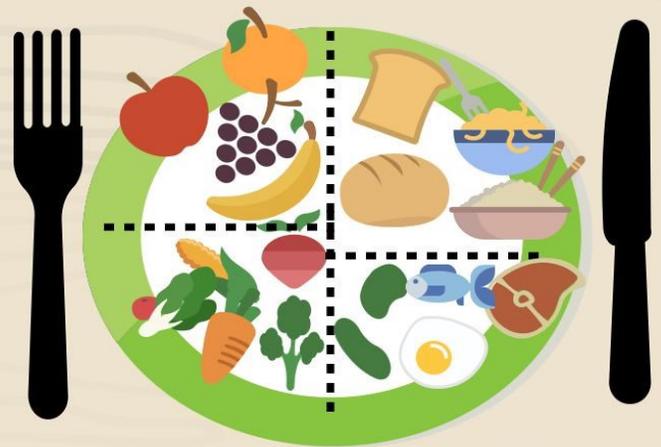


About 1 in 3
ate less than one fruit
per day in a week



About 1 in 5
drink a sugar sweetened
beverage every day

About 2 of 3
are at a healthy weight



Myplate: www.choosemyplate.gov

Who Can Help:

Let's Move: www.letsmove.gov/eat-healthy

Team Nutrition: www.fns.usda.gov/tn/team-nutrition

MIYHS: www.maine.gov/MIYHS

