



STUDENTS NEED TO EAT HEALTHY FOODS!

Students need to eat healthy foods to achieve academic success, to experience proper growth and development, and to prevent chronic disease. Let's face it --- adolescent and adult obesity is a serious problem throughout the country.

Here are the statistics --- 34% of adult Americans over the age of 20 are considered obese and 34% are overweight; 18% of adolescents between the ages of 12-19 are obese, as are 20% of children ages 6-11, and 10% of 2-5 year-olds. To prevent and reverse this obesity epidemic, it is imperative that students eat healthy.

ACADEMIC PERFORMANCE

Among many other studies, a recent study featured in the February 2011 edition of the "Journal of School Health" looked at the impact of nutrition modifications, such as eliminating daily consumption of soda, on academic performance among sixth graders in a Midwest city school district. The researchers concluded that changes in the food and drinks the students consumed had a positive impact on standardized measures of academic progress scores. In addition to dietary changes, this study also included an increase in physical activity among the students, suggesting that it is the combination of healthy eating and exercise that will most improve academic performance.

STUDENTS ARE NOT MEETING NUTRITION GUIDELINES

According to the USDA, only 2% of children adhere to the Food Guide Pyramid recommendations, and 16% do not adhere to any. Less than 15% of students get the recommended servings of fruit, and less than 20% get the recommended servings of vegetables. Most school-age children are also not getting adequate amounts of grains and calcium, and are consuming too much saturated fat.

CONSEQUENCES

Bottom line --- if students do not eat healthy diets, they face an increased risk of chronic diseases, including cancer, heart disease and diabetes. According to the USDA, poor eating habits and inadequate physical activity have been linked to 300,000 deaths each year.

If students incorporate lifelong healthy habits --- like eating nutritious food from an early age, they may well be able to prevent deaths from poor-nutrition-related chronic disease.

NOW HERE'S THE GOOD NEWS --- DONE RIGHT FOOD DOES IT FOR YOU!

DRF follows our own *Healthy Menu Guidelines* --- that align with recognized nutrition standards --- when planning menus that offer great food for students at school. Our guidelines state specific types of healthy, wholesome foods that are popular with students and are served every day in school.

For more information, contact us:
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