



A MINUTE OF HEALTH WITH CDC

Eat Your Fruits and Veggies

Fruit and Vegetable Consumption Among High School Students — United States, 2010

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This program is presented by the Centers for Disease Control and Prevention.

Parents have been asking kids to eat their fruits and vegetables for years. A recent survey found that many high-school-aged kids aren't listening. Nearly one in three students are eating vegetables less than once a day, and nearly one in four are eating fruit less than once a day. A healthy diet can decrease the risk for many chronic diseases, including heart disease, diabetes, and some cancers; it can also help maintain a healthy weight.

Parents should model good dietary habits and support efforts by schools, such as salad bars, gardens, and farm-to-school programs. These activities help kids make healthy eating choices.

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