

NUTRITION & YOU



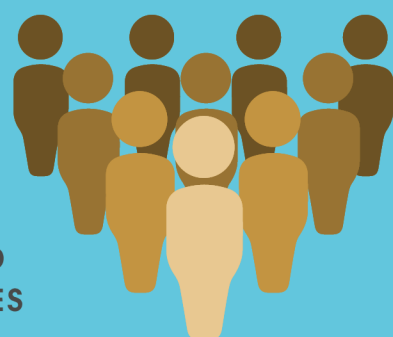
Eating a diet rich in fruits and vegetables can help reduce the risk of many leading causes of illness and death, such as cardiovascular disease, type 2 diabetes, some cancers, and obesity.

Despite these positive health benefits, few adults meet the recommendations.

9%

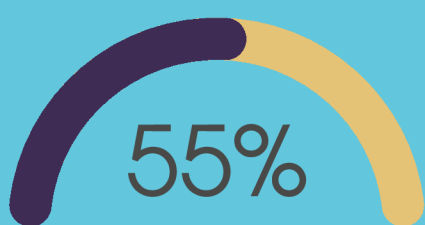
ONLY 9% OF ADULTS ATE THE RECOMMENDED AMOUNT OF VEGETABLES AND 12% OF ADULTS ATE THE RECOMMENDED AMOUNT OF FRUIT

ONLY 1 IN 10 ADULTS GET ENOUGH FRUITS OR VEGETABLES



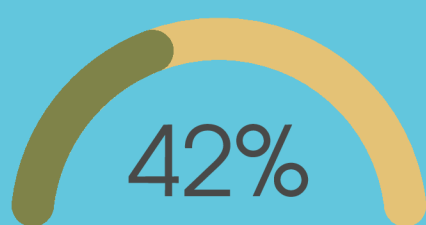
MEN, YOUNGER ADULTS, AND PEOPLE WITH LOWER INCOMES GET THE FEWEST.

https://archive.cdc.gov/www_cdc_gov



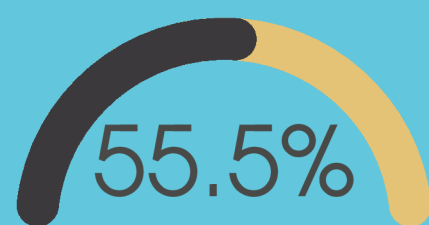
FIRST FOOD CONSUMPTION

55% of respondents reported not usually eating First Foods or traditional Indigenous foods during a regular week.



SWEETENED BEVERAGES

42.2% of respondents reported that on a normal day, they consumed no sugar-sweetened beverages.



FRUITS & VEGETABLES

55.5% of respondents reported eating 1-2 servings of fruits and vegetables each day.

yellowhawk.org/CHP

Previous studies have found that high cost, limited availability, access, and perceived lack of cooking/preparation time can be barriers to fruit and vegetable consumption.

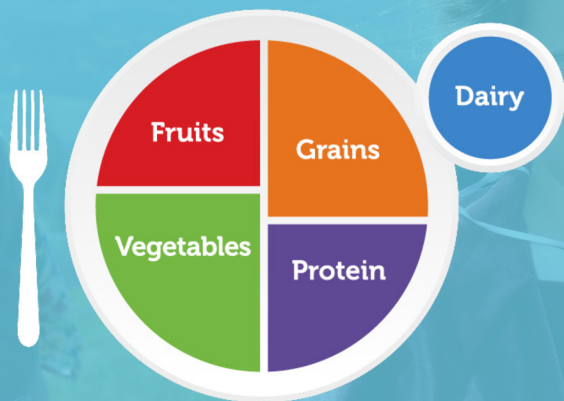


Improve healthy food consumption:

- Advocate for government, schools, retailers, and employers to increase the availability of healthy foods, First Foods, and healthy food systems.
- Always check nutrition labels! Limit added sugars, sodium, and saturated fats. For help reading nutrition labels, visit www.fda.gov/NutritionFactsLabel
- Eat more First Foods and traditional foods.
- Eat a wide variety of whole fruits and vegetables.
- Eat more whole grains such as wild rice, quinoa, and whole oats.

https://archive.cdc.gov/www_cdc_gov

Most consumed fruit for adolescents? Orange juice. Most consumed vegetable? Potatoes, especially fried!



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Visit myplate.gov to access resources and find out the recommended daily intakes for your age, gender, and activity level.



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