

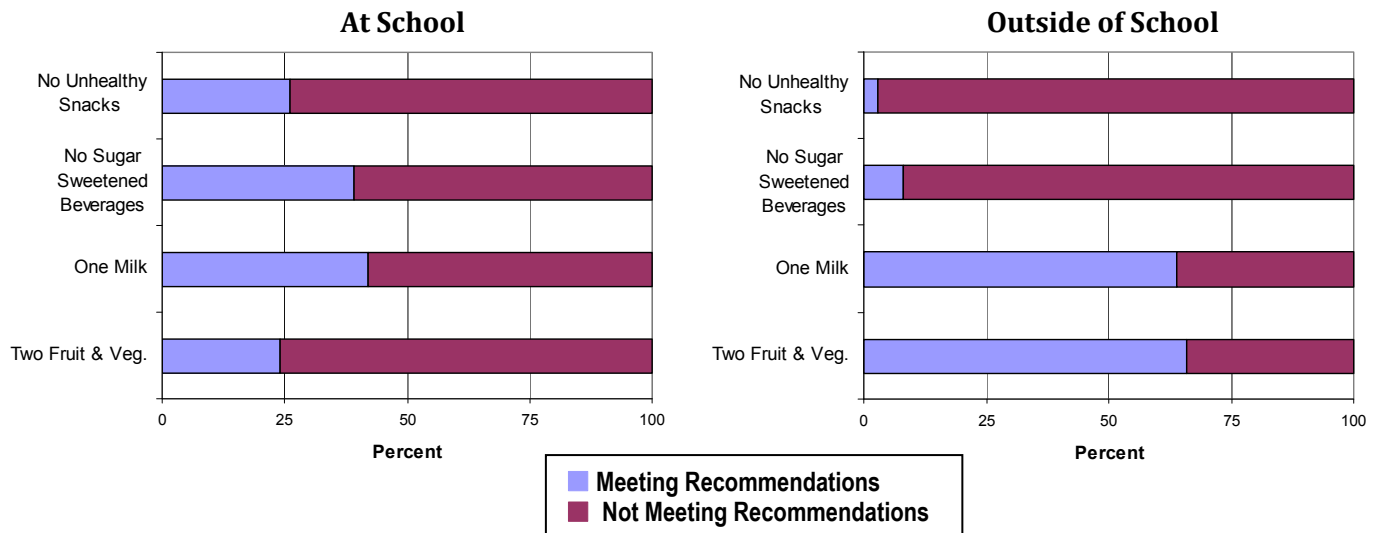
Snack and Beverage Choices of Washington's Middle Schoolers



Brief IV • 2009

Over 9,500 seventh grade students in Washington State completed a survey about their snack and beverage consumption. Most students consume unhealthy snacks and sugar sweetened beverages both at school and outside of school. Most students fail to consume the recommended amounts of milk and fruits and vegetables.*

Percent of Students Meeting Daily Recommendations for Beverages‡, Snacks‡, Fruits and Vegetables*



Key Results

Schools help children make healthy choices

- Students consume 26% of their total fruit vegetable, and juice intake at school.
- Students consume 32% of their total milk intake during school.

Schools also play a role in poor nutrition choices

- Students consume 22% of their total sugar-sweetened beverages at school.
- Students consume 22% of their unhealthy snack intake at school. ‡



Conclusions

- School Nutrition Environments Matter!
 - Middle School students eat a significant proportion of their foods, both nutritious and non-nutritious, at school.
- Changes to snacks and beverages that are available at school have the potential to improve the health of Washington's children.

* Recommendations based on the Dietary Guidelines for Americans
 ‡ Unhealthy snacks fail to meet the IOM's Nutrition Standards for foods in Schools

