

# What Youth in Maine are Eating

Reported in the 2017 Middle School and High School MIYHS



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

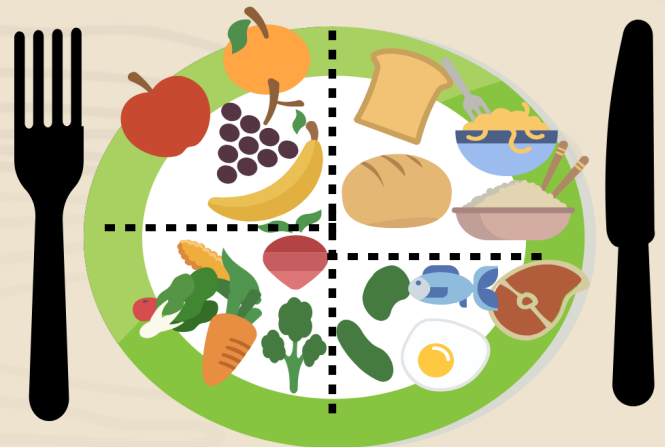


About 1 in 3  
ate less than one fruit  
per day in a week



About 1 in 5  
drink a sugar sweetened  
beverage every day

About 2 of 3  
are at a healthy weight



Myplate: [www.choosemyplate.gov](http://www.choosemyplate.gov)

Who Can Help:

Let's Move: [www.letsmove.gov/eat-healthy](http://www.letsmove.gov/eat-healthy)

Team Nutrition: [www.fns.usda.gov/tn/team-nutrition](http://www.fns.usda.gov/tn/team-nutrition)

MIYHS: [www.maine.gov/MIYHS](http://www.maine.gov/MIYHS)

