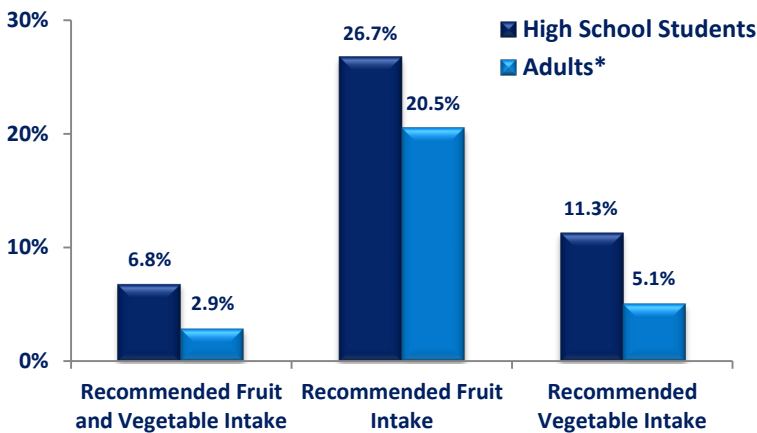




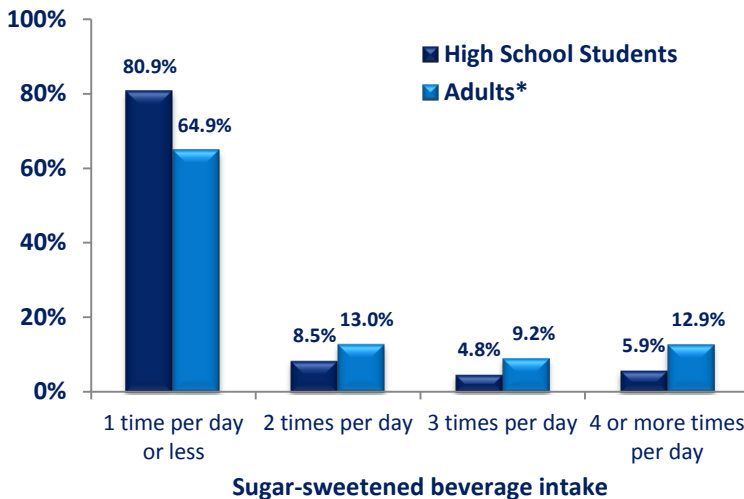
A **HEALTHY DIET** can reduce the risk of chronic diseases such as cardiovascular disease, hypertension, type 2 diabetes, osteoporosis and some cancers.¹ In 2011, 6.8% of Indiana high school students and 2.9% of Indiana adults reported eating the recommended amount of fruits and vegetables during the past week [Fig 1].^{2,3} The recommended amounts are based on the U.S. Department of Agriculture’s [MyPlate](#) age- and sex-specific guidelines.

Figure 1. Percent of high school students and adults* who ate the recommended servings of fruit and vegetables per day, Indiana, 2011



Based upon age and sex, an individual should consume no more than 120–330 “empty” calories per day. One can (12 fl. oz.) of regular soda contains an estimated 136 empty calories. In 2011, 80.9% of Indiana high school students and 64.9% of Indiana adults drank a sugar-sweetened beverage 1 or fewer times per day during the past week [Fig 2].^{2,3}

Figure 2. Percent of high school students and adults* by sugar-sweetened beverage intake per day, Indiana, 2011



Obstacles to a healthy diet

Food insecurity⁴

- Defined as the limited or uncertain availability of nutritionally adequate and safe foods or the limited or uncertain ability to acquire acceptable foods in socially acceptable ways.
- In 2007, 36.2 million U.S. residents (12.2%) lived in food-insecure households. 12.4 million were children under age 18.

Food deserts

- Defined as an area with limited access to affordable and nutritious food.⁵
 - 7% of Hoosiers have limited access to healthy food.⁶
 - Indiana has 120 food deserts in 33 counties.⁷

Fast-food restaurants

- Full-service and fast-food restaurants account for about 77% of all food-away-from-home sales in the U.S.⁸
- 50% of restaurants in Indiana are fast-food establishments.⁶

How to add fruits and vegetables to your diet

Farmers markets⁹

- Provide community members with access to fresh fruits and vegetables that are often locally grown.
- Currently, Indiana has 163 farmers markets in 60 counties.

Community gardens

- Gardens on shared open spaces that are maintained by a group of community members.
- Include healthy and affordable fresh fruits and vegetables.

Farm-to-School programs

- Schools (K–12) serve students produce purchased from local farms. The programs help:
 - Make school cafeteria meals more healthful
 - Improve student nutrition
 - Provide agriculture, health and nutrition educational opportunities
 - Support local and regional farmers

*Adults are people ages 18 years and older



Health benefits of a healthy diet¹⁰

- ❑ Eating a diet rich in vegetables and fruits as part of an overall healthy diet may:
 - Reduce risk for cardiovascular disease, including heart attack and stroke;
 - Protect against certain types of cancers.
- ❑ Diets rich in foods containing fiber, such as some vegetables and fruits, may reduce the risk of heart disease, obesity and type 2 diabetes.
- ❑ Eating vegetables and fruits rich in potassium as part of an overall healthy diet may lower blood pressure and may also reduce the risk of developing kidney stones and help to decrease bone loss.
- ❑ Eating foods such as fruits that are lower in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

TAKE ACTION: Steps you can take to eat a healthy diet

- ❑ [Eat the recommended daily servings of each food group](#)^{11 †}
 - [2 ½ cups](#) of vegetables
 - [2 cups](#) of fruits
 - [6 ounces](#) of grains
 - [3 cups](#) of dairy
 - [5 ½ ounces](#) of protein foods
- ❑ Eat a variety of [fruits](#) and [vegetables](#). Try new recipes while increasing your daily fruit and vegetable intake.
- ❑ Drink water instead of sugar-sweetened beverages. This lowers the amount of calories you consume from other beverages.
- ❑ Reduce or limit the following in your diet:
 - Sodium
 - Saturated fatty acids
 - Trans fatty acids

[†] Daily recommended values may vary by sex and age

Community resources

- ❑ [Dietary Guidelines for Americans 2010](#) is the federal government's evidence-based nutritional guidance to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through improved nutrition and physical activity.
- ❑ [ChooseMyPlate.gov](#) features practical information and tips to help Americans build healthier diets.
- ❑ [Burden of Obesity in Indiana 2011 Report](#) provides a roadmap for targeting interventions for at-risk groups and others in order to improve weight status, physical activity levels, and fruit and vegetable consumption.
- ❑ [Youth Risk Behavior Survey posters](#) provide an illustration of Indiana high school students' nutritional levels.
- ❑ For more information on what is being done in Indiana, visit the [Indiana Healthy Weight Initiative](#) website.
- ❑ For more tips, check out [Indiana's Comprehensive Nutrition and Physical Activity Plan, 2010-2020](#).

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