

NUTRITION

in Oklahoma

We rank among the bottom 6 states in fruit and vegetable consumption

EAT BETTER

Fruit and Vegetable Recommendations for Youth and Adults include:



2-3 servings of fruits



2-4 servings of vegetables

YOUTH

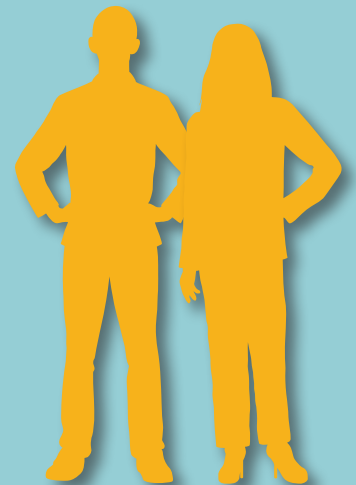


50% of both youth and adults eat less than 1 serving of fruits per day



40% of youth and 25% of adults eat less than 1 serving of vegetables per day

ADULTS



912,677
OKLAHOMANS
are obese

That is **3x** the population of Tulsa

EVERY YEAR WE SPEND
\$1.7 Billion
or **\$588** per adult on obesity-related costs



SHAPE YOUR FUTURE

Eating better helps prevent obesity, diabetes, heart disease, stroke, and some cancers



Policies that increase access to healthier foods help our communities eat better

We can all help

- ✓ Adopt wellness policies that make healthier foods available at work, school, and in the community
- ✓ Increase access to fruits and vegetables in small food stores
- ✓ Share your stories about better nutrition at ShapeYourFutureOK.com

TSET
HEALTHY LIVING
PROGRAM