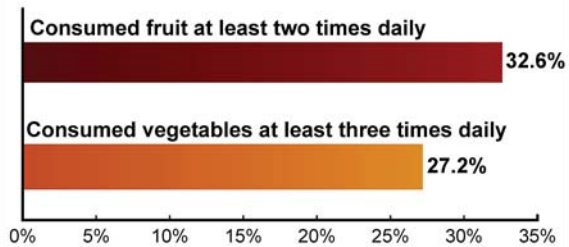


Setting a Poor Example

The Centers for Disease Control and Prevention says fewer than one in three adults consume at least two servings of fruit per day, and only slightly more than one in four consume vegetables at least three times per day. Not a good sign, especially considering that research suggests parents with poor health behaviors contribute to poor health behaviors in their children.



SOURCE: "Fruit and Vegetable Consumption Among Adults – United States, 2005." *MMWR Morb Mortal Wkly Rep*, March 16, 2007;56(10):213-7.