#HealthyKidsMealsMN

SUPPORT MORE NUTRITIOUS KIDS' MEALS SO ALL MINNESOTA KIDS CAN LIVE HEALTHY, PRODUCTIVE LIVES

The Minnesota Healthy Kids' Meals policy would make healthier food and drinks the default options on restaurant kids' meal menus.

the PROBLEM

less healthy meals

When kids dine out, they consume more calories, saturated fat, sugar and sugary drinks.[1]

chronic disease

Drinking just one sugary drink a day can increase the likelihood of getting heart disease in adulthood by nearly 20%.[2] Sugary drinks can also lead to type 2 diabetes and tooth decay.[3]

sugar

On average, children drink 30 gallons of sugary drinks each year. That's enough to fill an entire bathtub![4]

health disparities

Sugary drinks are a health equity issue. People of color are targeted by the sugary drink industry and disproportionately experience nutrition-related chronic diseases.[5]

the SOLUTION

healthy habits

Busy families are eating out more often and it's hurting their health! The Minnesota Healthy Kids' Meals Bill can help make healthy eating and drinking choices easier for families so everyone can live long, healthy and productive lives.

healthy choices

Drinks like water and unflavored milk and foods lower in calories, sugar and salt would be the default options on kids' menus. However, parents and caregivers would still have decision-making power to choose different options for their children.

Help make the healthy option the easy choice.

Visit yourethecure.org or health.state.mn.us/sugarybeverages

American Heart Association. | American Heart Association. Voices for Healthy Kids

Minnesotans for Healthy Kids Coalition

MAND Minnesota Academy of Nutrition & Dietetics

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