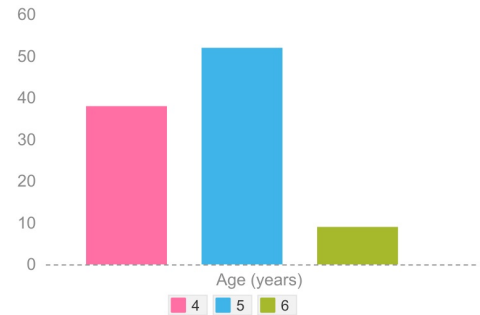
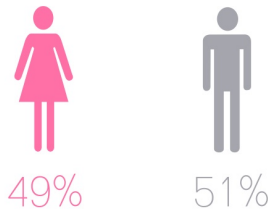
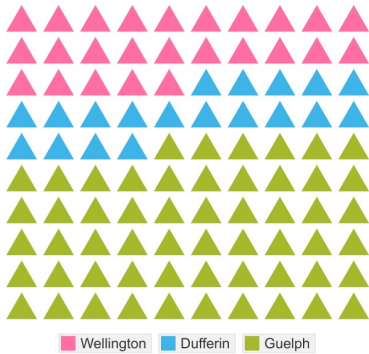


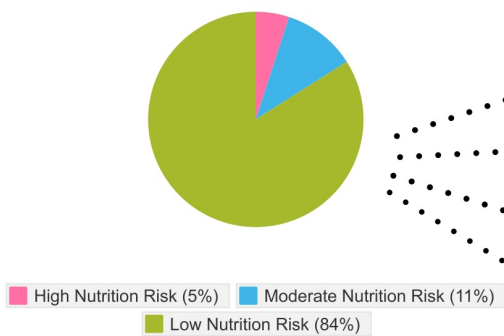
# NutriSTEP: Nutrition Screening of Kindergarten Students

Who answered?

1241 kindergarten students from Wellington-Dufferin-Guelph



## What did we find out?



57% eat grain products 3 or less times per day  
✓ Canada's Food Guide recommends 4 svgs/day



30% eat vegetables once a day or less  
✓ Canada's Food Guide recommends 5 svgs/day of vegetables and fruit

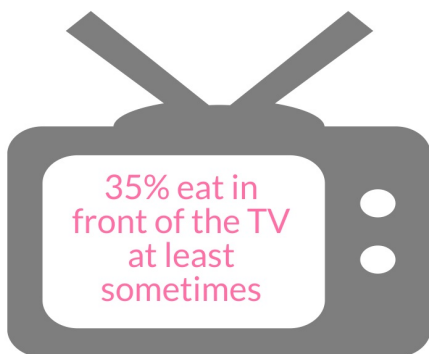


48% eat fruit twice a day or less  
✓ Canada's Food Guide recommends 5 svgs/day of vegetables and fruit



58% take supplements at least sometimes  
✓ Canada's Food Guide recommends getting nutrients from foods first

1 in 8 respondents have difficulty buying food to feed their child at least sometimes



this can lead to



Less healthy food choices



Increased risk of overweight

93% thought their child was at the right weight

**BUT**

27% of kindergarteners are actually overweight or obese\*



\*Well-Being of Children Ages Birth to Six Report Card, 2009.