

# UNHEALTHY EATING CAN LEAD TO HEALTH PROBLEMS



Only **1 in 10 kids** eat enough veggies and fruit



Teens drink more than **1.7 litres of sugary drinks** every day



**1 in 3 teens** eat at a fast food restaurant every day



Diet is the **#1 risk factor** for chronic diseases



Diseases like **type 2 diabetes** and **high blood pressure** are now showing up in teens

**CANADA**—LET'S MAKE THE *healthy* CHOICE THE *easy* CHOICE!  
**#EatHealthyCanada**



Health  
Canada

Santé  
Canada

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