

TEENAGERS & THEIR DIETS

What do teenagers really eat?

WE SURVEYED 100 CHILDREN AGED 10-16

61%

of those surveyed eat cereal or toast for breakfast

BREAKFAST



DINNER



64%

eat a home cooked meal in the evening

73%

considered themselves to have a good or very good diet

HEALTHY DIET



JUNK FOOD



74%

eat junk food regularly each week

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46%

said the main obstacles to healthy eating was temptation

TEMPTATION



THE 3 MOST IMPORTANT REASONS TO HAVE A HEALTHY DIET

- ✓ **Weight management**
- ✓ **Disease prevention**
- ✓ **Energy**

GIVING UP



54%

said the hardest foods to give up would be sweet stuff or junk food

95%

described a healthy diet as balanced or containing plenty of fruit & veg

HEALTHY DIET

