Across the nation, and in Kansas, studies have repeatedly found that consumers’ diets are not well-aligned with current dietary recommendations. According to recent information from the Dietary Guidelines for Americans, about three-quarters of Americans consume too little fruits, vegetables, dairy products and oils, and more than half eat more than the recommended amounts of grains and protein foods.

Residents of Shawnee County have similarly unhealthy diets. Many factors can influence food decisions including:

• The physical availability to access food
• Where various stores and food outlets are located
• The pricing of healthy or local food offerings
• Product placement on store shelves
• Plate size in restaurants
• The words used to describe a menu offering
• Menu labeling of healthier items
• School and workplace food options

By supporting healthier, more accessible food options in the places where people make food decisions we can quickly and easily encourage healthier eating choices.

45.6% of adults in Shawnee County eat fruits less often than once a day
23% of adults eat vegetables less than once per day

For more information visit www.heartlandhealthyneighborhoods.org to access the full report.