**Problems**

Lack of mandatory classes in Nutrition leading to

Wrong Food choices and excessive consumption leading to

Obesity and Health Problems

**Solutions**

Advocacy for mandatory Nutrition Class

Ban of unhealthy foods in schools/ Change to a Healthy Whole Foods Plant Based Diet

Nutrition Workshops

Online Info

Food and Fitness curriculum for HS Students/ Children and Parents

**Nutrition Data and Statistics**

<https://nces.ed.gov/surveys/frss/publications/96852/>

<https://nces.ed.gov/surveys/frss/publications/2000040/>

<http://www.chalkbeat.org/posts/ny/2010/11/22/why-schools-need-a-mandatory-nutrition-curriculum/>

<http://www.nasbe.org/healthy_schools/hs/bytopics.php?topicid=1150>

https://www.cdc.gov/mmwr/preview/mmwrhtml/00042446.htm

<http://www.cccnewyork.org/issues/food/?gclid=COO8pIyh5dICFc1LDQodcusHUg> rewrite!

Good stuff!

<https://www.cdc.gov/healthyschools/obesity/facts.htm>

<https://www.cdc.gov/healthyschools/obesity/obesity-youth.htm>

<https://www.cdc.gov/healthyschools/dataandstatistics.htm>

<https://www.cdc.gov/healthyschools/npao/strategies.htm>

<https://www.cdc.gov/obesity/data/childhood.html>

<http://stateofobesity.org/childhood-obesity-trends/> lots of info summary

<https://www.fitness.gov/resource-center/facts-and-statistics/> lots of facts-good! Great source!!

http://www.pcrm.org/health/reports/survey-americans-lack-basic-nutrition-info

<http://stateofobesity.org/obesity-rates-trends-overview/>

**Nutrition Education and Classes**

<https://www.nutrition.gov/smart-nutrition-101/myplate-resources>

<https://www.youtube.com/user/NutritionFactsOrg>

<http://nutritionfacts.org/>

https://cspinet.org/eating-healthy

<https://www.choosemyplate.gov/>

for teens and youth

<https://www.fns.usda.gov/tn/myplate>

* **Go!Kids** - a 24-week food and fitness curriculum for toddlers and their parents
* <http://www.123gokids.com/>
* **Youthmarkets** - a program in conjunction with CENYC designed to bring fruits and vegetables to low-income neighborhoods via student-run greenmarkets
* **Healthy Meals** - a set of healthful recipes used to feed 1,500 children every day in our community centers and programs

<http://www.jamiesfoodrevolution.org/>

Advocacy

<http://www.foodday.org/food_education>

<http://www.jamiesfoodrevolution.org/obesity/>

**Quotes**

 “Don’t eat anything your great-great grandfather wouldn’t recognize as food. There are a great many food-like items in the supermarket your ancestors wouldn’t recognize as food (Go-Gurt? Breakfast-cereal bars? Non-dairy creamer? Stay away from these.” – Michael Pollan

“Our food should be our medicine and our medicine should be our food. “ – Hippocrates

4. “He who has health has hope, and he who has hope has everything.” – Arabian Proverb

1. “The first wealth is health. “ – Emerson

2. “This is what people don’t understand: obesity is a symptom of poverty. It’s not a lifestyle choice where people are just eating and not exercising. It’s because kids – and this is the problem with school lunch right now – are getting sugar, fat and empty calories – but no nutrition.” – Tom Colicchio

6. “Man is What He Eats” – Lucretius

[ Read: [**Nutritionists In Delhi**](http://www.stylecraze.com/articles/nutritionists-in-delhi/) ]

7. “The doctors of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.” – Thomas Edison

8. “Life is a tragedy of nutrition”– Arnold Ehret

9. “Diet is the essential key to all successful healing. Without a proper balanced diet, the effectiveness of herbal treatment is very limited.” – Michael Tierra

10. “Water is the most neglected nutrient in your diet, but one of the most vital.” – Julia Child  
11. “Eating healthy nutritious food is the simple and the right solution to get rid of excess body

weight effortlessly and become slim and healthy forever.” – Subodh Gupta

12. “Tell me what you eat, and I will tell you what you are.” – G.K. Chesterton

13. “Those who think they have no time for healthy eating, will sooner or later have to find time for illness.” – Edward Stanley

14. “Today more than 95% of all chronic disease is caused by food choice, toxic food ingredients, nutritional deficiencies, and lack of physical exercise.” – Mike Adams

15. “To eat is a necessity, but to eat intelligently is an art.” – La Rochefoucald

16. “If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have the safest way to health.” – Hippocrates

17. “Processed foods not only extend the shelf life, but they extend the waistline as well.” – Karen Sessions

18. “Don’t dig your grave with your own knife and fork.” – English Proverb

19. “I always loose a little weight on the road, so I constantly have to be on top of my nutrition and hydration.” – Matt Cameron

20. “These small things – nutrition, place, climate, recreation, the whole casuistry of selfishness – are inconceivably more important than everything one has taken to be important so far.” – Friedrich Nietzsche

21. “Life is not living, but living in health.” – Martial

22. “Most people don’t have a problem going on a diet. They problem is being consistent on their diet.” – Karen Sessions

23. “Time and health are two precious assets that we don’t recognize and appreciate until they have been depleted.” – Denis Waitley

24. “Exercise is king, nutrition is Queen, put them together and you’ve got a kingdom.”

25. “Good food ends with good talk.” – Jules Renard