# Quick Talking Points on Healthy Eating

* School breakfast and lunch provides up to 50% of students daily nutrient needs. Yet many students still are not taking advantage of these meals or participating in these programs. <https://www.pta.org/home/programs/Healthy-Lifestyles/Healthy-School-Meals>
* Children who do not eat a healthy diet experience lower overall grades, worse attendance rates, and more issues with concentration and mood. <https://www.cdc.gov/healthyyouth/health_and_academics/pdf/health-academics-ppt.pdf>
* Empty calories from added sugars and solid fats contribute to 40% of daily calories for children and adolescents age 2-18 years—affecting the overall quality of their diets. <https://www.cdc.gov/healthyschools/nutrition/facts.htm>
* Less than 15 percent of students get the recommended servings of fruit, and less than 20 percent get the recommended servings of vegetables. https://www.cdc.gov/nchs/fastats/default.htm
* Children receiving school lunches consume fewer empty calories and more milk, fruit, vegetables and fiber than their peers - they are also more likely to have appropriate intakes of calcium, vitamin A and zinc. <http://schoolnutrition.org/uploadedFiles/About_School_Meals/What_We_Do/Lunch-Benefits.pdf>
* Eating a healthy breakfast is associated with improved cognitive function (especially memory), reduced absenteeism, and improved mood. <https://www.cdc.gov/healthyschools/nutrition/facts.htm>