

a difference by changing the way we eat as kids—before its too late!!!

# Have you ever considered offering WHOLE wheat bread on your kids menu instead of just white bread?

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Campaigns like *Lets Move!*, initiated by Michelle Obama, and our own efforts are to promote healthier foods and more exercise for kids. Childhood Obesity is a major problem in the United States. The Child Obesity rate has more than doubled in children and tripled in adolescents over the last 30 years. **Simply switching from white to whole wheat bread can lower heart disease risk by 10 percent, according to research from the University of Washington reported in the April issue of *The Journal of the American Medical Association*.** Offering wheat bread would help to promote healthier lifestyles in kids. Please join our effort to build a healthier America.

For anyone who has had colon  
cancer or heart disease?? Check out these

**After surveying our friends, we discovered that most teens don't know the difference between whole grain and wheat bread. What about you!?**

*Harvard Institute of Human Nutrition  
Researchers performed a cross-  
study on 2,198 men and women in the  
Framingham study, searching for biological predictors  
of heart disease and cardiovascular disease. They found*

“Eating three or more servings  
of whole grains per day lowers