

IT'S TIME TO SERVE CHICAGO KIDS BETTER.

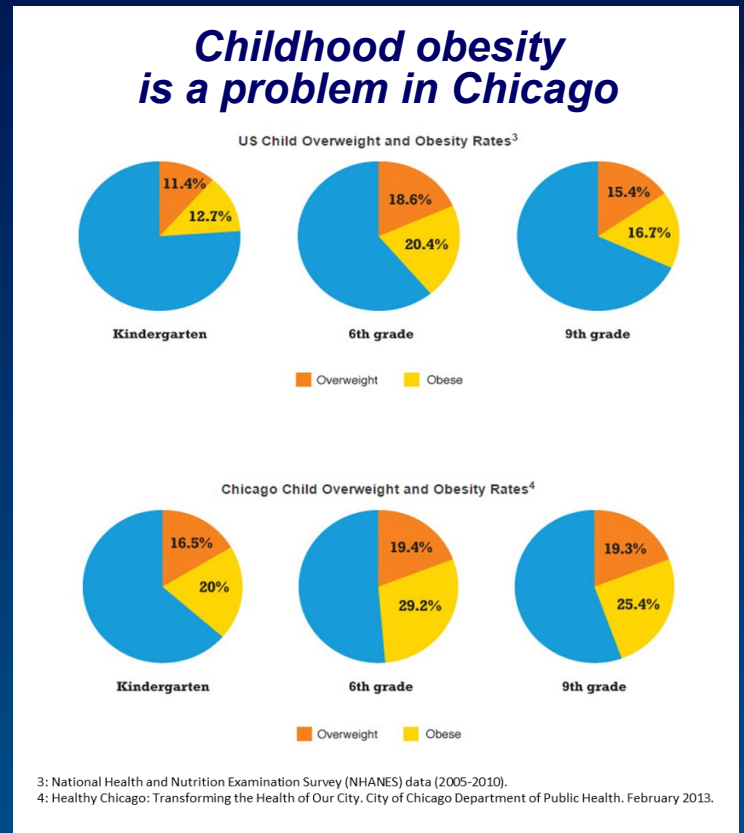
Restaurant kids' meals can be a healthy option.

Restaurants play a sizable role in our children's diets:

- Children consume roughly 25% of their calories from eating out, and about 42% of children aged two to nine eat fast food on a given day.¹
- Fast-food restaurants spent \$583 million on marketing directed to children in 2009 (the latest year for which data are available) according to the Federal Trade Commission.²

Restaurants meals are far from healthy:

- Approximately 96% of entrees in U.S. chain restaurants fail to meet basic USDA nutrition standards, a 2013 report found.³
- In 2013, an independent study documented that only 11 of 4,695 possible children's meal combinations in fast food chain restaurants met all of the established nutritional criteria for pre-schoolers, and only 19 meals met all nutritional criteria for older children.³
- Many restaurant kids' meals include a sugary drink and a sweet dessert. The American Heart Association recommends children under the age of two have no added sugars in their diets (food or beverages) and children and teens have less than six teaspoons of added sugar a day and no more than eight ounces of sugary drinks per week.⁴



Chicago kids deserve better:

- Children eat almost twice as many calories when they eat a meal at a restaurant than they do when they eat a meal at home.⁵
- Improving nutritional standards of restaurant kids' meals can go a long way to improving children's diets and cultivating healthy eating behaviors.⁶

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- 1] Vikraman S, Fryar CD, Ogden CL. "Caloric Intake from Fast Food Among Children and Adolescents in the United States, 2011-2012." NCHS Data Brief No. 213, September 2015
- 2] Federal Trade Commission (FTC). A Review of Marketing Food to Children and Adolescents: Follow-Up Report. Washington, D.C.: Federal Trade Commission, 2012. Accessed at <http://www.ftc.gov/os/2012/12/1212221foodmarketingreport.pdf>
- 3] Batada A, Wootan MG. Kids' Meals II: Obesity and Poor Nutrition on the Menu. Washington, D.C.: CSPi, March 2013. Available at <https://cspinet.org/new/pdf/cspi-kids-meals-2013.pdf>
- 4] Vos MB, Kaar JL, Welsh JA, Van Horn LV, Feig DI, Anderson CAM, Patel MJ, Cruz Munos J, Krebs NF, Xanthakos SA, Johnson RK. "Added Sugars and Cardiovascular Disease Risk in Children: A Scientific Statement from the American Heart Association." Circulation 2016, vol. 134, published ahead of print at <http://circ.ahajournals.org/content/early/2016/08/22/CIR.0000000000000439>
- 5] Powell LM, Nguyen BT. "Fast-Food and Full-Service Restaurant Consumption among Children and Adolescents." Archives of Pediatric and Adolescent Medicine, published online Nov 5, 2012, E1-E7
- 6] Anzman-Frasca S, Dawes F, Sliwa S, Dolan PR, Nelson ME, Washburn K, Economos CD. "Healthier Side Dishes at Restaurants: An Analysis of Children's Perspectives, Menu Content, and Energy Impacts." International Journal of Behavioral Nutrition and Physical Activity 2014, vol. 11, pp. 81-93. Available at <https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-11-81>