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NEWS RELEASE

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Small World or Land of the Giants?

The majority of American adults are overweight or obese; this might be the first generation to NOT outlive their parents. These shocking statements are unfortunately true. What are the consequences of being overweight or obese? Heart disease, diabetes, high blood pressure, painful joints...just to name a few. But are we really getting that much bigger, or are things being sensationalized?

The "It's A Small World" ride at Disneyland takes boats filled with families through a magical setting of different lands. At the end, they are all combined – it's a small world after all. These boats are propelled through a canal of water. About a year ago, according to a Disneyland employee, the level of water had to be increased. Because the boats were so much heavier (people in the boats larger), it was necessary to add water to keep things moving. Shocking!!

Many different groups are trying to put the blame on one thing – soda, junk food, etc. But it really is a combination. Instead of blaming, our goal should be to eat a balanced diet. MyPlate was developed as a guide to healthy eating. By following the key messages, you can ensure you won't become a statistic.

- Make half your plate fruits and vegetables
- Enjoy your food, but eat less
- Drink water instead of sugary drinks
- Make at least half your grains whole grains
- Avoid oversized portions
- Compare sodium in foods like soup, bread and frozen meals-and choose the foods with lower numbers
- Switch to fat-free or low-fat (1%) milk

Through the University of California Cooperative Extension nutrition programs, children and adults in Placer and Nevada Counties are learning about MyPlate. They are receiving fun, hands-on lessons on healthy snacks, meal preparation and budgeting. If you would like more information, visit our website at <http://ceplacervevada.ucanr.edu>, or call (530) 889-7350.

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