Weight Management

41.3% of students were trying to lose weight.

Fruits and Fruit Juice

32.4% of students did not drink 100% fruit juice during the past 7 days (33.2% Hispanic, 26.4% Native American, 33% White).

10.9% of students did not eat fruit during the past 7 days (12.8% males, 9.0% females).

Percentage of Students Who Did Not Eat the Following Vegetables During the Past 7 Days

- 5.5% ate green salad
- 17.1% ate potatoes
- 34.3% ate carrots
- 32.1% ate other vegetables
- 43.9% ate any vegetables

Number of Montana students in a class of 30 who:

- Drank a can, bottle, or glass of an energy drink daily: 1.3
- Ate breakfast daily: 9.9
- Drank one or more glasses of milk per day: 9.6
- Drank a can, bottle, or glass of soda or pop daily: 3.9
- Ate vegetables three or more times per day: 3.5
- Ate fruit or drank 100% fruit juice two or more times per day: 7.2

Breakfast Consumption/Past 7 Days

- 48.7% ate breakfast 5 of the past 7 days
- 32.9% ate breakfast daily
- 28.8% did not eat breakfast
- 14.2% ate breakfast 3 of the past 7 days