

Oklahoma has become a 'super-sized' state

The U.S. is the fattest country on earth with 129 million of our 292 million people overweight. Between 1986 and 2000, the number of severely overweight adults has quadrupled and Oklahoma is gaining, as well. Our "super-sized" state is not making healthy diet choices and it's creating an epidemic of overweight citizens.

Oklahoma can't afford an unhealthy diet!



What you can do:

- ✓ Limit foods high in saturated fats
- ✓ Limit foods made with refined flour, rice and sugar, especially foods and drinks sweetened with fructose syrup
- ✓ Choose sensible food portions instead of “super-sized” portions
- ✓ Include at least two servings of fruits and three servings of vegetables every day



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your health choices matter**