More than 144 million Americans, or 66% of those age 20 and over, are overweight or obese.

1/3 of children are overweight or obese.

Out-of-home dining has doubled over the past 40 years, with the average person eating out 205 times per year.

Meals prepared away from the home tend to have significantly more calories, fat and sodium.

KIT CONTENTS:
- Two Spiral Bound Course Plans
- Two DVDs
  1) Additional Resources
  2) Training Videos
- Overview Brochure

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