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Positive Impact on Changing Eating Behaviors

- Appropriate and relevant messages
- Education
 - Tasting sessions
 - Cooking demonstrations
 - Grocery store tours
- Consistent messages

Education Results in More Nutritious Choices of Carbohydrate Sources

Baseline

Regular soft drinks

Flour tortilla

Corn tortilla

Cake, pie

Bread, rolls

Six Months

Corn tortilla

Banana

Regular soft drinks

Orange juice

Dry cereal

Education Results in More Nutritious Choices of Protein Sources

Baseline

Beef stew

Beef as main dish

Baked chix w/o skin

Hamburger

Ham/chix sandwich

Six Months

Baked chix w/o skin

Beef as main dish

Beef stew

Ham/chix sandwich

Low fat/skim milk