



Site Surveys Survey Results

Site: NSA Daily

March is National Nutrition Month. Do you make 'heart healthy' food choices?

1. Yes, I eat the recommended amount of fruits, veggies, whole grains, & limit saturated fat & salt. **14.49%** (599 votes)

2. I try to maintain a healthy diet, but like my sweets & snacks. **56.69%** (2,343 votes)

3. I eat a piece of fruit, a vegetable, or whole grains occasionally. **12.39%** (512 votes)

4. I don't like 'health food'; I'm a steak & potatoes person! **10.84%** (448 votes)

5. Don't know, don't care. **5.59%** (231 votes)

Total Votes: **4,133**

Survey Run Dates: 03/14/2010 - 03/20/2010



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