14-18 *years old*

for teens

Fueling your thoughts

- *Are you concerned about your weight?*
- *Do you eat breakfast every day?*
- *Do you eat from all five food groups every day?*
- *How many meals do you eat with your family per week?*
- *What do you usually drink with meals and between meals?*
- *How much time do you spend watching TV, using the computer, texting or playing video games every day?*
- *Are you physically active every day?*

Nutrition Advice

Eat a Healthy Breakfast every day in order to do your best in school and improve overall health.
Check out your lunch. Do you have 4 out of the 5 food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein)? If not, snack on what's missing.
Snack Wisely! Snacks are "mini meals" so make them healthy by eating fresh or dried fruit, veggie sticks with dip, whole grain crackers and peanut butter, smoothies, a bowl of cereal with milk, yogurt and pretzels, pita bread & hummus, low fat granola bars, trail mix or popcorn. For more ideas check out **http://kidshealth.org/teen/**
Eating away from home? The 5 food groups still count! Look at the menu:

- Keep portion sizes small or share meals (don't "super size").
- Choose fruit or salad instead of French fries, milk instead of pop, baked or broiled instead of fried.
- Limit dressings and mayonnaise; ask for them on the side or choose low fat options.
- Order carefully. Go to **www.fastfoodnutrition.org** and click "pick a restaurant" for more information.

Eat as many meals as possible with your family.
Think your Drink (www.whymilk.com)

- The best choices are water, low fat (1%) or nonfat (skim) milk and 100% fruit juice **(limit fruit juice to 1 cup or 8 oz. serving per day).**
- Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.
- Regular intake of too much caffeine can lead to trouble sleeping, rapid heartbeat, anxiety, poor attention span, headaches or shakiness. Check out caffeine contents: **http://kidshealth.org/teen/drug_alcohol/drugs/caffeine.html**.
- Check out the facts first if you are on a diet or thinking about dieting **http://www.webmd.com/diet/the-truth-about-fad-diets**.
- **If you're a vegetarian** be sure to eat lentils, beans, eggs, nuts, tofu and dairy foods. Talk to a registered dietitian for more information.
- **Get your calcium –** Milk is a great choice, or you can try low fat cheeses, yogurt, or smoothies.

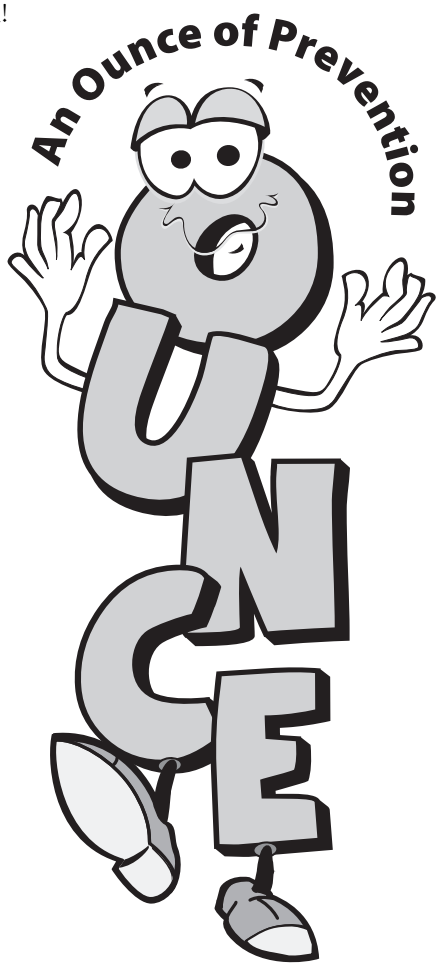
Keep Moving

Get 60 minutes of physical activity every day of the week.

- **Count time spent doing chores**: car washing, walking the dog, mowing the lawn, sweeping, or cleaning your room!
- **"Screen time" doesn't count.** Get up and move as much as possible!

Balance your day

- Take a walk or ride your bike with a friend, play fetch with the dog, or dance in addition to organized activities.
- Remember sleep is critical to good health. If you get a good night sleep you'll be amazed at how much more energy you'll have!



is Worth a Pound

The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio; the American Academy of Pediatrics–Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association.
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