

Fueling your thoughts

- Do you eat breakfast every day?
- Do you eat fruit and vegetables every day?
- How many meals do you eat with your family each 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?
- How much physical activity do you get every day?
- Are you concerned about your weight?

Nutrition Advice

Eat a Healthy Breakfast every day to do your best in school and improve your 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.

Beverages - Think your Drink!

- 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 heartrate, anxiety, poor attention span, headaches or shakiness.

Eating away from home?

• The 5 food groups still count! (low-fat/fat-free dairy foods, fruits, vegetables, whole grains and lean protein)

• 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.

Eat as many meals as possible with your family. They want to know what is going on in your life!

Keep Moving

Get 60 minutes of physical activity every day.

- Count time spent doing chores: car washing, walking the dog, mowing the lawn, sweeping, cleaning your room!
- "Screen time" doesn't count, so 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. You'll be amazed at how much more energy you'll have!

One more Tip.....

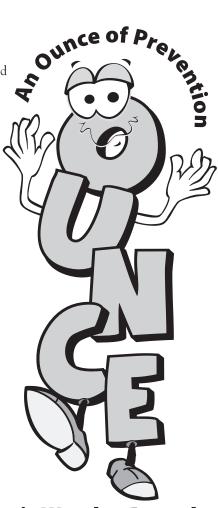
• Get at least 10-11 hours of sleep per night because sleep is important to good health, good weight and good grades!

Check out these Web sites

Hot health topics ~ <u>http://kidshealth.org/teen/</u> Keep physically active ~

www.kidnetic.com For girls ~

www.bestbonesforever.gov For more on serving sizes and general nutrition www.mypyramid.gov





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