

# 11-13 years old

## for tweens

### 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 ~

<http://kidshealth.org/teen/>

Keep physically active ~

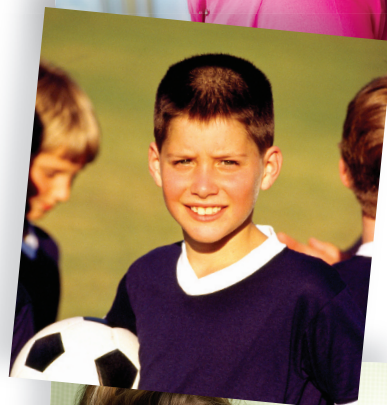
[www.kidnetic.com](http://www.kidnetic.com)

For girls ~

[www.bestbonesforever.gov](http://www.bestbonesforever.gov)

For more on serving sizes and general nutrition

[www.mypyramid.gov](http://www.mypyramid.gov)



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