

# 14-18 years old

## for parents

Name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

## Fueling your thoughts

- Are you concerned about your teenager's weight?
- Are you concerned with your teenager's eating habits or level of physical activity?
- Do you and your teenager eat breakfast?
- How many meals do you eat as a family each week? How many are from fast food, take out, etc?
- What beverages do you buy for the family?
- How much time does your teenager spend watching TV, using the computer, texting or playing videogames?
- What do you do as a family to stay active?

## Nutrition Advice

By providing nutritious foods to your teenager you help him or her improve strength, energy, attention span and the ability to keep up with friends.

**Breakfast** ~ Eating breakfast every day helps your teenager do well in school and improves overall health.

**Lunch** ~ Buying school meals can be nutritious. If your teenager packs a lunch, it is important they include at least 4 out of the 5 food groups (low-fat/fat-free dairy foods, fruits, vegetables, whole grains and lean protein).

**Snacks** ~ Eat when hungry. Stock up on ready-to-eat vegetables, fruit, low fat cheese, yogurt, milk, lean meats, whole grain crackers, bread, low sugar cereal or nuts.

**Dinner** ~ Eat as many meals as possible as a family at the dinner table. Be sure to slow down, enjoy, eat when hungry and turn off the TV.

**Eating Out** ~ 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.

**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 heart rate, anxiety, poor attention span, headaches or shakiness.

Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs). Be a good role model for your kids by eating and choosing healthy foods. Visit [www.mypyramid.gov](http://www.mypyramid.gov) for more information.

## Be Active

- Make sure you and your teenagers are active 60 minutes every day.
- Count time spent doing chores: car washing, walking the dog, dusting, sweeping, pulling weeds, raking leaves or shoveling snow.
- Involve the whole family in physical activity because you are role models!
- "Screen time" (computers, TV, gaming systems, texting, etc) should be limited to 2 hours or less daily.
- Screens may be monitored easily if moved to a common area; keep them out of teenager's bedroom.
- A good night sleep with a regular bed time is critical to good health and weight maintenance.
- If you have concerns about your teenager's weight, physical activity or eating behaviors, ask your healthcare provider.

## More Parent Tips...

- Do not criticize your teenager about their size and shape. Focus on strengths rather than appearance.
- Remember that parents can still influence choices....as a parent you are still the role model!



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