

## **HANGING OUT WITH FRIENDS...TAKING PART IN GROUP ACTIVITIES...ACHIEVING AT SCHOOL...YOUR BODY NEEDS HEALTHY FUEL TO KEEP YOU GOING...**

### **WHAT IS "HEALTHY EATING?"**

Healthy eating is a way of balancing the food you eat to keep your body strong, energized, and well nourished. Healthy eating includes:

- Aiming for three balanced meals and healthy snacks (when you are hungry or need extra energy)
- Eating foods from all of the food groups (grains, fruits, vegetables, proteins, dairy proteins, and healthy fats) each day to meet your nutritional needs
- Balancing nutrient-rich foods (like fruits and vegetables) with moderate amounts of other foods, such as sweets or fast foods
- Drinking water, low-fat or non-fat milk, and low-calorie beverages and cutting back on the sweet stuff
- Eating when hungry and stopping when full

### **WHAT'S IN IT FOR ME?**

- Helps you look good and feel good.
- Builds a healthy body and helps it grow.
- Increases energy.
- Helps you think and learn better.
- Prevents becoming overweight or underweight.
- Prevents health problems later in life like heart disease, diabetes, and cancers.
- It's creative. Explore colors, flavors, and textures that appeal to you.
- It's social! Get together with friends to cook healthy meals and snacks...or seek out healthy restaurants that serve real foods in reasonable portions.



## HOW CAN WE MAKE IT EASY TO BE ACTIVE AND HEALTHY?



### AT HOME – TAKE HOME TIPS FOR EATING HEALTHY.

- Eat breakfast. 80% of high school students eat breakfast. Join them by making a simple breakfast, such as low-fat yogurt, fresh fruit, and whole grain toast, that you can enjoy every day. Remember, skipping breakfast can lead to overeating later in the day.
- Plan meals and snacks ahead of time. Make a menu for family meals each week and think ahead for days you're on the go.
- Split it. Find yourself facing a Super Ultra Mega meal? Cut your meal and the calories in half—and enjoy it with a friend!
- Think about what you drink. Sugary drinks are a big source of empty energy. Choose nutrient-rich low-fat and non-fat milk. Add lemon or frozen berries to your water, sip some fizzy H2O, or try another low-calorie drink.



### AT SCHOOL:

- Start a Grab and Go breakfast program as a fundraiser for a school club.
- Work with food service providers to provide a daily vegetarian option or prepared salad in the cafeteria.
- Get a farm-to-school program started to bring fresh, locally-grown fruits and vegetables to your school.
- Take a look at school concession stands and vending machine offerings for evening events to add healthier food and drink options.
- Create an after school cooking club. Learn how to make healthy meals and snacks with the family consumer science teacher, local chef, culinary program or vocational school instructor.



### IN THE COMMUNITY:

- Work with community organizers and clubs to offer healthy foods and drinks at local events.
- Talk to the parks and recreation leaders to provide healthy drinks and snacks in vending machines.
- Work with local leaders to start a community garden program or a local farmer's market.

You are more important than your weight or size. Your health can be hurt by drastic weight loss plans. If you have not yet reached your adult height, too much weight loss could interfere with your growth, even if you are over your ideal weight.

If you feel you are overweight and want to make some changes in your food intake, it's a good idea to contact your health care provider. You may also want to ask your health care provider for a referral to see a registered dietitian.

## WANT TO LEARN MORE?

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

<http://www.smallstep.gov/>

<http://www.mypyramid.gov/>