

Activity + Eating



Healthy Tips For Teens

Learn how small changes can lead to big results over time.



Every body is different and that's ok!

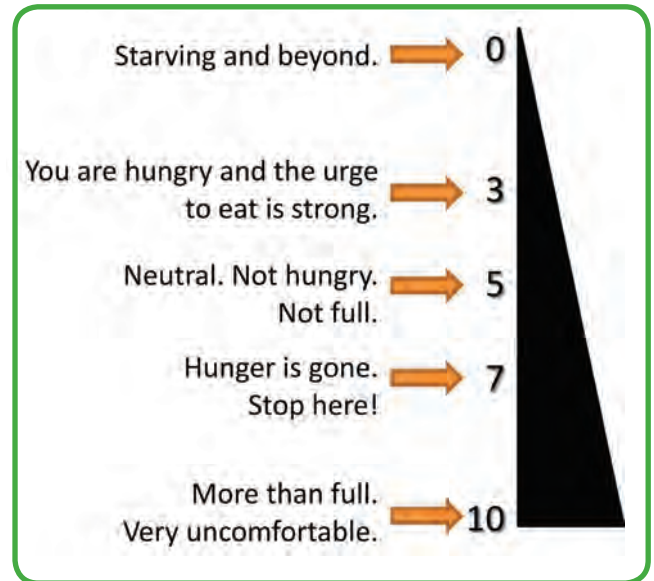
Am I at a healthy weight?

If you are not comfortable with your weight or you just want to make healthy changes, only **small steps are needed**:

- ▲ **Pack more nutrients into your food choices.** Replace a high-calorie snack with a lower-calorie snack such as a piece of fruit.
- ▲ **Move more.** Walk for 60 minutes every day.
- ▲ **Track what you eat and how much you eat.** Eating up to 50 extra calories each day could make you gain up to 5 pounds in a year. Remember, every bite counts.
- ▲ **Aiming for a healthy weight** can make you healthier now and when you are an adult. One way to measure if your weight is appropriate for your height is to find your Body Mass Index (BMI). Try an online calculator at: <http://apps.nccd.cdc.gov/dnpabmi/>

How hungry am I?

Eat purposefully. Rate your hunger level before you eat and again when you're finished eating. Aim for staying between 3 and 7.



What about food choices?

Choose nutrient-rich foods. These are foods that naturally have a lot of vitamins, minerals and fewer calories. They are low in solid fats, added sugar or salt.



▲ Eat more:

- Low-fat or fat-free dairy foods
- Whole grains
- Vegetables
- Fruits
- Lean meats, seafood and beans

▲ Eat less:

- Added sugars
- Fat
- Salt



▲ Start your day with breakfast.

- Skipping breakfast may lead to weight gain because you may eat or snack more later in the day.
- Eating breakfast may help you control late-night eating, often higher in “extras.”
- Breakfast eaters generally have a healthier diet and manage their weight better.
- Feel energized come mid-morning.

Eating well on the run ...



▲ Think ahead:

- Balance healthy food choices over the week.
- Save time by adding your favorite foods to the family shopping list.
- Often, meals at home mean lower-calorie choices than eating out.

▲ Snacks:

- Can be as fast to pack as eating out.
- Include a variety of food-group foods. If you're not hungry, pass on a snack.
- Choose beverages for snacks that are from food groups.

Oversized Serving



820 Calories

Healthy Serving



320 Calories

Too big?

▲ Watch serving sizes.

They may be too big!
Control how much food you eat. Look at the hand symbol chart on Page 4.

How do food labels help?

Use food labels to help you make good choices. Here's how:

Check serving sizes.

One container isn't always one serving. Compare your serving size to what's listed on the label as a serving size.

Limit these numbers.

Watch calories. Avoid excess fat, sodium and added sugars.

Get enough.

Focus on fiber, vitamin D, calcium, iron and potassium.

- 10% is good
- 20% or more is excellent

Low-fat milk

Nutrition Facts		
4 serving per container		
Serving size		1 cup (245g)
Amount Per Serving		105
Calories		
%Daily Value*		
Total Fat	2.5g	4%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	15mg	5%
Sodium	130mg	5%
Total Carbohydrate	13g	4%
Dietary Fiber	0g	0%
Total Sugars	12g	
Includes	0g Added Sugars	0%
Protein	8g	
Vitamin D	2.5mcg	25%
Calcium	300mg	30%
Iron	0.12mg	0%
Potassium	397mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Look at the big picture.





No label? Choose fresh foods like vegetables, fruit and lean meats, which are rich in nutrients but may not have food labels. These are good choices, along with low-fat dairy foods and whole grains.



Foods naturally rich in nutrients are also rich in taste!

What am I eating now?

Mark how much food you ate and drank for meals and snacks yesterday. Write the total for each food group at the bottom of each column.

Dairy	Vegetables	Fruits	Grains
Milk, Yogurt, Cheese			Grains, Cereals, Pasta
What is a Serving Size? 1 cup milk or yogurt; 1 ½ ounces hard cheese	What is a Serving Size? 1 cup raw or cooked; 1 cup juice; 2 cups raw leafy greens. Pick fresh, frozen or canned.	What is a Serving Size? 1 cup cut-up fruit; 1 cup juice; ¼ cup dried fruit. Pick fresh, frozen or canned in own juices.	What is a Serving Size? 1 ounce = 1 slice bread, 1 cup dry cereal, ½ cup rice, pasta or cooked cereal
 <p>Yogurt</p> <p>Milk</p> <p>Cheese</p> <p>Chocolate Milk</p> <p>String Cheese</p> <p>Cottage Cheese</p> <p>Smoothie</p> <p>Pudding</p>	 <p>Broccoli</p> <p>Asparagus</p> <p>Bell Peppers</p> <p>Corn</p> <p>Avocado</p> <p>Carrots</p> <p>Spinach</p> <p>Sweet Potatoes</p> <p>Tomatoes</p>	 <p>Strawberries</p> <p>Apple</p> <p>Banana</p> <p>Blueberries</p> <p>Orange Juice</p> <p>Watermelon</p> <p>Grapes</p> <p>Mango</p> <p>Pear</p>	 <p>Cereal</p> <p>Tortillas</p> <p>Rice</p> <p>Bread</p> <p>Pasta</p> <p>Popcorn</p> <p>Crackers</p> <p>Bagel</p> <p>Oatmeal</p>
<p>_____ MY TOTAL</p> <p>Daily Goal = 3 cups</p>	<p>_____ MY TOTAL</p> <p>Daily Goal = 2 ½ cups</p>	<p>_____ MY TOTAL</p> <p>Daily Goal = 2 cups</p>	<p>_____ MY TOTAL</p> <p>Daily Goal = 6 ounces</p>

** This chart is based on 2,000 calories.

More options for improvement

- ▲ **Eat foods rich in nutrients and that have fewer calories.**
One idea: Choose low-fat milk instead of soda, or oatmeal instead of a pastry.
- ▲ Eat foods from **all food groups** for a balanced diet.



Serving Size Chart

Protein

Meat, Beans, Nuts

What is a Serving Size?

3 ounces meat, fish, poultry;
1 ounce = 1 egg, ½ cup beans,
1 tablespoon peanut butter,
½ ounce nuts



MY TOTAL

Daily Goal = 5 ½ ounces

Symbol	Serving Size	Food
	One fist 1 cup	Dry cereal, Milk, Yogurt, Vegetables, Fruit
	Palm 3 ounces	Chicken, Beef, Fish, Pork
	Handful 1/2 cup	Noodles, Rice, Oatmeal
	Two fists 2 cups	Salad
	Thumb 1 tablespoon	Peanut butter
	Pointer finger 1 ½ ounces	Cheese
	Flat hand 1 slice	Slice of whole-wheat bread
	Thumb tip 1 teaspoon	Cooking oil, Mayonnaise, Butter, Sugar

"extras"

What is a Serving Size?

Eat less. These are often higher
in calories, added fat, sugar or
salt and low in nutrients.



MY TOTAL

Limit Amount



Small steps I can make to improve my food choices:

Idea: Baked potato instead of french fries.

I will begin: _____

date

Be active ... get moving!

Work up to 60 minutes a day



Boost your heart rate

- ▲ Make your heart beat faster for 60 minutes at least five days a week.
- ▲ Can't find 60 minutes to move? Aim for four 15-minute sessions each day. You can take the stairs at the mall, walk the long route between classes or walk around campus after eating lunch.
- ▲ Work out at the gym or join an intramural team.

Build muscle

- ▲ Include strength training like lifting weights, push-ups, sit-ups or yoga to build or keep your muscles strong.
- ▲ Building muscles improves strength, balance and bone strength.

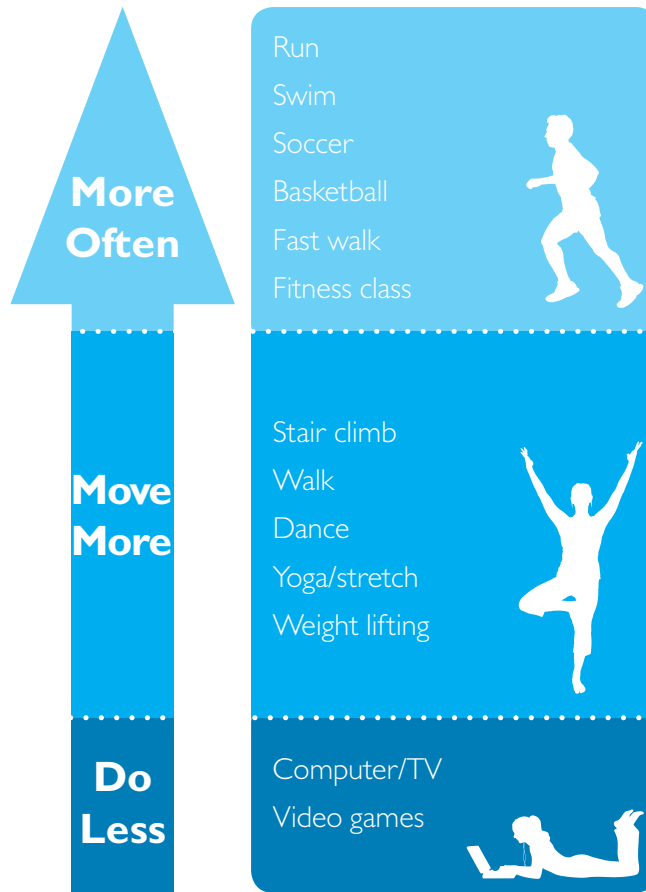
Build bones

- ▲ Eat bone-building foods for strong bones and teeth. Mix and match 3 servings of dairy foods every day to build bones during your teen years.
- ▲ Do bone-building activities like running, jumping or dancing for 20 minutes at least 3 times a week.

Why be physically active?

Circle what motivates you!

- ▲ Give yourself more energy.
- ▲ Reduce stress and sleep better.
- ▲ Lose body fat and keep it off.
- ▲ Increase strength.
- ▲ Reduce your risk of diseases such as heart disease and diabetes.
- ▲ Build healthy bones.
- ▲ Improve concentration and productivity at school.



Run
Swim
Soccer
Basketball
Fast walk
Fitness class

Stair climb
Walk
Dance
Yoga/stretch
Weight lifting

Computer/TV
Video games

Health Problems? Consult your health care provider first.

Am I getting enough physical activity?

Aim for **60** minutes
most days of
the week.

Move more!

Get your heart working
so you breathe harder.



▲ Write down physical activities you do now.

My Physical Activity Plan	Days and Minutes of Activity						
	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Example: <i>Walk with a friend after school.</i>		20 min.		20 min.	30 min.	30 min.	
Total minutes:							

▲ Find ways to **increase** your activities. Walk at lunch, try a team sport or borrow a workout video.

My idea: _____

▲ **Mark** an idea to try this week.

Trade “do less” time for “move more” time. Do sit-ups or jumping jacks while watching TV. Walk with a friend.

Be active at school. Use break time to stretch, walk and do simple exercises like squats and arm circles.

Add more time to each activity. Walk for 30 minutes instead of 20 minutes.

Work a little harder. Turn your easy walks into power walks or jogs.

▲ **I will start my new activity:** _____
date



Keep a weekly physical
activity journal at home:

HealthyEating.org/TeenBEAT



How can I make healthier choices?



Quick Snacks

- String cheese and a pear
- Edamame
- Pinto beans and baked corn chips
- Cereal and milk
- Frozen berries or sliced bananas
- Hard-boiled egg
- Hummus and carrots
- Low-fat yogurt
- English muffin topped with peanut butter
- Granola bar and milk
- Fruit and nut trail mix



Food + Fitness = Power!

Visit HealthyEating.org/TeenBEAT for the Basic Exercise + Activity Tracker to help you look and feel your best.



Eating out doesn't have to lead to overeating and less-healthy food choices. You have the power to make healthy choices even when on the go!

Tips for Eating Out:

- Share a meal or box up half for later.
- Order lean meats that are baked, broiled or grilled.
- Add extra veggies to your sandwich, taco, burger or wrap.
- Try to balance your meal with food from all 5 food groups.
- Order sauces and dressings on the side.

Go-To Foods:

- **Beverages:** water, low-fat or fat-free milk, unsweetened tea
- **Sides:** apple slices, baked potato or a small garden salad
- **Mains:** grilled chicken sandwich or wrap, bean and cheese burrito, soft taco or entree salad with lean meat
- **Breakfast:** smoothie with milk and fruit, yogurt parfait, oatmeal or egg and cheese burrito with salsa

How do your drink choices stack up? Visit HealthyEating.org/Drink to find out!

My health goals

Go back and look at the inside pages to create two small steps for better health.

Idea: *I will trade an "extra" food for a snack from a food group, such as a small handful of nuts instead of potato chips.*

1. _____
- _____
2. _____
- _____

I will start my goals: _____

date



This program, brought to you by Dairy Council of California, aligns with the Dietary Guidelines for Americans.