



HEATSM

Healthy Eating and Activity Together

HEAT: Teen Tips

Healthy

- Review your growth charts and blood pressure with your healthcare provider.
- Key points about your teen years:
 - It is a time of rapid physical growth and increased appetite.
 - Hang out with friends who make healthy life choices.
 - Give your growing body the sleep it needs.

Eating

- Select healthy foods for meals and snacks:
 - Eat 5 or more servings of fruits and vegetables and 3 or more servings of whole grain foods per day.
 - Eat only healthy, low-fat snack foods.
 - Eat a high fiber diet and foods that are rich in calcium.
 - Drink low-fat or non-fat milk.
 - Use soft margarine rather than lard, butter or stick margarine.
 - Portion control is very important.
 - Drink 100% fruit juice (limit to 4–6 ounces per day), but not fruit drinks.
 - Avoid high-calorie, non-nutrient foods (e.g., doughnuts, French fries, chips, cakes and candy).
 - Avoid fried foods, fruit drinks and sodas. Drink water instead.
- Limit fast food meals to no more than twice per week.
- Avoid restrictive and fad diets.
- Eat healthy traditional foods enjoyed in your culture (e.g., beans, corn, tortillas, fruits and vegetables).
- Always start the day with a healthy breakfast.
- Eat slowly and don't have a "clean plate" policy for meals.

Activity

- Plan for at least 60 minutes daily of intermittent, moderate to vigorous physical activity, such as dancing, running or hiking.
- Limit TV, video and computer time to less than 2 hours a day.
- No TV during meals.
- No TV or computer in your bedroom.

Together

- Spend time with family during meals and in physical activities.
- Be responsible for whether and how much you eat.
- Don't let advertisements rule your food selection.
- Share in selecting and preparing healthful foods and drinks.
- Don't use food for comfort. Instead recognize emotional triggers for eating and substitute with healthier ways of coping.
- Be responsible for adapting food intake to match your level of activity.
- Ask for healthy food choices and beverages to be sold or served in school.
- Be a role model of healthy eating and activity for peers and others.

Books

The American Academy of Pediatrics, D. Greydanus (ed.), *Caring for Your Adolescent: Ages 12–21* (New York, NY: Bantam, 1 September 1991).

W. H. Dietz and L. Stern, *American Academy of Pediatrics Guide to Your Child's Nutrition* (New York, NY: Random House, 1998).

Websites

www.mypyramid.gov
www.kidshealth.org/teen/food_fitness
www.cdc.gov/verb
www.win.niddk.nih.gov

