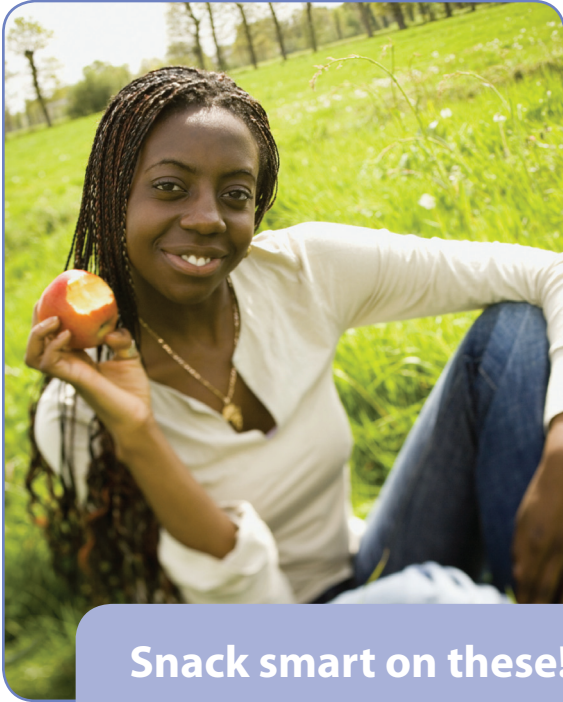


Charge Up!

Healthy Meals and Snacks for TEENS

Take Charge of Your Health



Snack smart on these!

- Fresh apples, berries, or grapes
- A handful of walnuts or almonds
- A small bag of mini-carrots
- Low-fat or fat-free yogurt
- String cheese
- Peanut butter on whole-wheat crackers

Eat healthy to look and feel better!

Eating healthy foods will ...

- ❖ Help keep your weight in check.
- ❖ Keep you awake and focused in school.
- ❖ Help you do your best at sports.

Take it easy on pizza, sweets, and sodas!

They have lots of sugar, salt, and fat.

- ❖ Limit cakes, cookies, and other foods made with shortening, butter, and margarine.
 - ❖ Choose water or fat-free or low-fat milk instead of sugary soda or juice drinks.
- ❖ Eat more foods like bananas, beans, and yogurt for potassium to help build strong bones.

Give your body the right fuel!

- ❖ Make half of your plate fruits and vegetables.
- ❖ Power up with lean meats, chicken, seafood, eggs, beans, nuts, tofu, and other protein-rich foods.
- ❖ Build strong bones with fat-free or low-fat milk products for calcium and vitamin D.
- ❖ Choose whole grains, like whole-wheat bread, brown rice, and oatmeal, for half of your grain servings.



Get the facts!

Weight-control Information Network

Check out <http://win.niddk.nih.gov> and our short booklet for teens: *Take Charge of Your Health! A Guide for Teenagers!* Join us on Facebook at <http://www.facebook.com/win.niddk.nih.gov>.

Learn about healthy eating from other organizations, too:

BAM! Body and Mind

❖ http://www.bam.gov/sub_foodnutrition

Dietary Guidelines for Americans

❖ <http://www.health.gov/dietaryguidelines>

Girls Health

❖ <http://www.girlshealth.gov>

Let's Move!

❖ <http://www.letsmove.gov>

Media Smart Youth: Eat, Think, and Be Active!

❖ <http://www.nichd.nih.gov/msy>

MyPlate

❖ <http://www.choosemyplate.gov>

President's Council on Fitness, Sports & Nutrition

❖ <http://www.fitness.gov>

We Can!

❖ <http://www.nhlbi.nih.gov/health/index.htm>

Take control!

One fast food meal can have more calories, fat, and sugar than you need for the whole day.

- ❖ Avoid "value-sized" or "super-sized" meals.
- ❖ Share your meal or take half home when eating out.
- ❖ Choose whole-wheat bread, lean meats, and fresh fruit at the school cafeteria.



Start strong and plan ahead!

Busy schedules can make it hard to eat smart. Planning ahead can help.

- ❖ Jumpstart your day with breakfast. It will help you do better in school.
- ❖ Bag it! Pack a healthy lunch, like a lean turkey sandwich on whole-grain bread and an apple.
- ❖ Snack smart by packing your own high-power nibbles for school or time with friends.



National Institute of
Diabetes and Digestive
and Kidney Diseases



Weight-control
Information Network

NIH...Turning Discovery Into Health®

NIH Publication No. 11-7813
September 2011