# THRIVE NUTRITION GUIDE FOR TEENS

Fuel Your Body, Fuel Your Life

## WHY NUTRITION MATTERS FOR TEENS:

Your body and brain are still **growing** and **changing** — and the foods you eat give you the power to do everything you love.

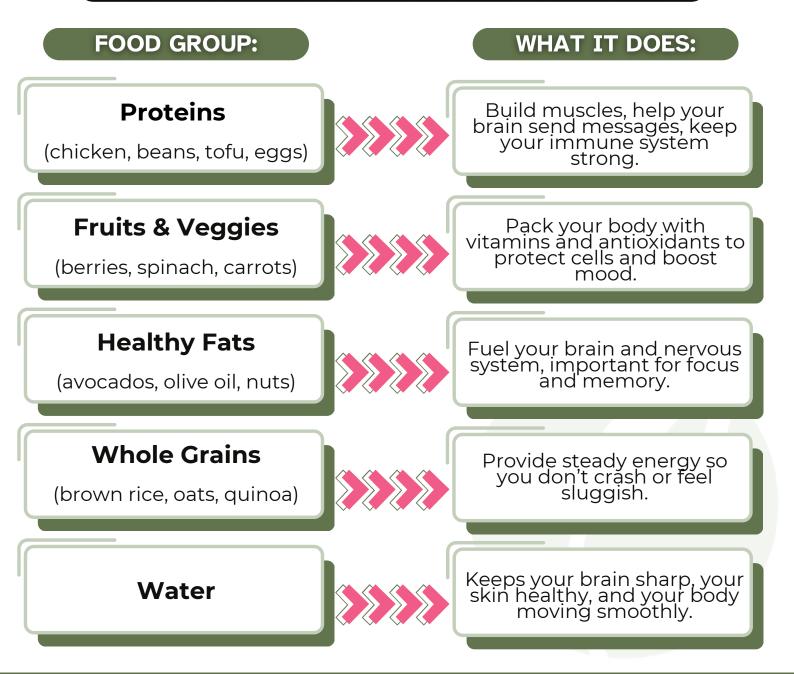


#### Good nutrition helps you:

- We have more energy for sports, activities, and school.
- Focus better and stay calmer during stress.
- We are the strong muscles and bones for a lifetime of health.
- Balance your moods and feel better mentally.

Nutrition isn't about being "perfect" — it's about giving your body the support it needs to THRIVE!

# HOW DIFFERENT FOODS AFFECT YOUR BODY:



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# **THRIVE NUTRITION GUIDE FOR TEENS**

# SPECIAL FOCUS: NUTRITION, ADHD, AND ANXIETY:

Did you know that nutrition can *directly* impact ADHD symptoms and anxiety levels?

## **ADHD AND NUTRITION:**

#### **Research shows that:**

- Steady blood sugar (eating regular meals) with protein and fiber) helps reduce impulsivity and focus challenges.
- Omega-3 fatty acids (found in fish like) salmon, or supplements) can improve attention and emotional regulation.
- Artificial colors and processed sugars may worsen hyperactivity in some people.

### **ANXIETY AND NUTRITION:**

#### **Research shows that:**

- Low blood sugar can trigger panic-like symptoms (shakiness, irritability, fast heartbeat).
- Magnesium-rich foods (like leafy greens, almonds) and probiotics (like yogurt and kefir) can help calm the nervous system.
- Caffeine and highly processed foods can worsen anxiety symptoms.

# TIPS FOR TEENS WITH ADHD:

- Eat small meals/snacks every 2-3 hours to avoid crashes.
- Include a protein (like nuts or
- yogurt) with every snack. Try adding more omega-3s through foods or supplements (ask a doctor first!).

TIPS FOR TEENS WITH ANXIETY:

#### Start your day with a balanced breakfast (protein + whole grain).

- Keep hydrated (dehydration can
- mimic anxiety symptoms!). Limit energy drinks, soda, and
- A WORD OF CAUTION TRACKING APPS & CALORIE COUNTING:

Apps like MyFitnessPal can sometimes cause more harm than good, especially for teens!

#### **Research shows that:**

- Tracking calories closely can increase risk for disordered eating behaviors like binge eating, food obsession, or restrictive eating.
- Preens who use calorie-tracking apps are more likely to report body dissatisfaction and anxiety about eating.

# **IMPORTANT REMINDERS:**

- Your body needs enough calories to grow, think clearly, and feel happy.
- 🕐 It's better to focus on how you feel after eating strong, energetic, clear-headed than on counting numbers.
- Working with a dietitian or doctor is the safest way to set goals if you're concerned about nutrition.
- Food is fuel. Food is joy. Food is self-respect. Learning what your body needs is one of the best skills you can have for a lifetime of health and happiness.
- You don't have to be perfect just stay curious, stay kind to yourself, and stay balanced.

