

BODWORKS

A Toolkit for Healthy Teens & Strong Families

FOR TEENS

Eat Right • Move More • Feel Great





BodyWorks *For Teens* is a publication of the Office on Women's Health (OWH) in the U.S. Department of Health and Human Services. Learn more about OWH and its programs at www.womenshealth.gov. For more information on girls' health, please visit the OWH website www.girlshealth.gov.

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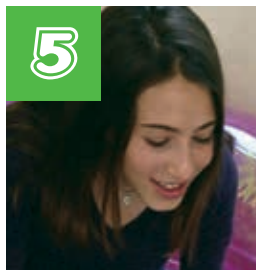
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Look Around You

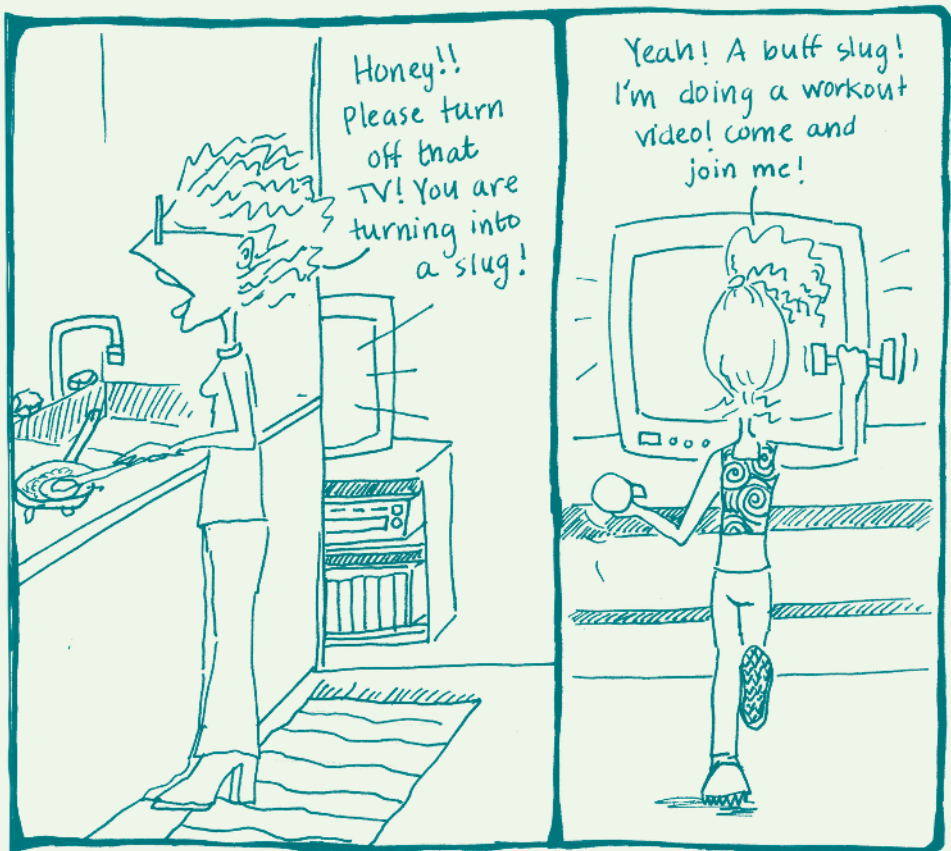
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Thinking About...

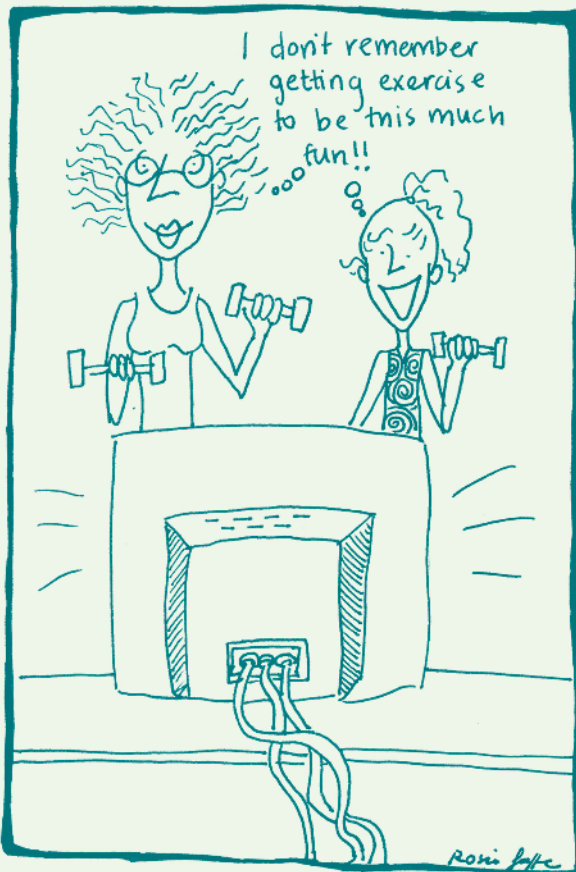
Healthy eating and exercise

Have you ever thought about your eating and exercise habits? Did you ever wonder if you could change some things in your daily life to be a little healthier? If so, *BodyWorks For Teens* is for you.



Why BodyWorks “For Teens”?

Feeling good, looking your best, and having lots of energy are just some of the pluses of eating healthy foods and exercising. You’ll learn more about these topics by reading *BodyWorks For Teens*. It’s not about being perfect, or changing every habit right away. Small changes make a big difference, and *BodyWorks For Teens* can tell you how.



Why Healthy Foods?





Eating healthy foods can help you feel good, look good, and get energized to do all the things you want to do.

How to Eat Healthy



Balancing Calories

- ◆ Enjoy your food, but eat less.
- ◆ Avoid oversized portions.

Foods to Increase

- ◆ Make half of your plate fruits and vegetables.
- ◆ Make whole grains at least half of all your grains.
- ◆ Switch to fat-free or low-fat (1%) milk.

Foods to Reduce

- ◆ Compare sodium in foods like soup, bread, and frozen meals and choose the foods with lower numbers.
- ◆ Drink water instead of sugary drinks (like sodas, juices, sports drinks, flavored milks, specialty coffees, and more).

What it all means: A Healthy Eating Plan

Teen girls need to eat a good mix of foods each day.

These **everyday** foods are:

- ◆ Fruits. Add more fruits each day.
- ◆ Vegetables. Eat a variety, especially dark-green, red, and orange vegetables, as well as beans and peas.
- ◆ Low-fat or fat-free dairy foods, such as milk, yogurt, and cheese.
- ◆ Whole-grain foods, like oatmeal, whole-grain breads, and brown rice.
- ◆ Protein foods, such as lean meats, poultry, seafood, beans, and tofu.

Some foods and drinks are treats to have only from time to time, because they are high in solid fats, added sugars, and salt (sodium), which add calories you don't need.

Examples include:

- ◆ Candy
- ◆ Cookies
- ◆ Chips
- ◆ Onion rings
- ◆ French fries
- ◆ Sugar-sweetened sodas



What Do You Need to Eat Each Day?

Starting around age 14 you need about 1,800 calories a day — more if you are very active. Get your personal daily calorie limit at www.choosemyplate.gov and keep that number in mind when deciding what to eat.

Food group	Servings teen girls need	What counts as 1 serving
Fruits	4 servings (2 cups)	<ul style="list-style-type: none"> • 1 medium apple, banana, pear, orange • ½ cup of chopped, cooked, or canned fruit, fruit salad, berries • ½ cup of 100% fruit juice
Vegetables	5 servings (2½ cups)	<ul style="list-style-type: none"> • ½ cup cooked or raw peas, carrots, green beans, sweet potatoes, corn, broccoli • 1 cup raw, leafy vegetable (spinach, collard greens, salad greens) • ½ cup of vegetable juice • ¼ cup of cooked, dry legumes (such as lentils, black beans, kidney beans, chickpeas)
Grains Whole-wheat or other kinds of breads, crackers, tortillas, cereal or pasta, brown rice, bulgur, couscous, popcorn, and oatmeal	9–11 servings (6 ounces) At least 3 ounces (oz.) should be whole grain.	<ul style="list-style-type: none"> • 1 slice of bread • 1 cup of cold cereal • ½ cup of oatmeal or other cooked cereal • ½ cup of cooked pasta, brown rice, bulgur, couscous
Dairy Foods Low-fat or fat-free milk, yogurt, and cheese	3 servings (3 cups)	<ul style="list-style-type: none"> • 1 cup of milk or yogurt • 1½ ounces of natural cheese (such as cheddar) • 2 ounces of processed cheese (such as American cheese)
Protein Foods Lean meats, chicken and turkey, seafood, beans and peas, eggs, soy products, and unsalted nuts and seeds	2 servings (5 oz.)	<ul style="list-style-type: none"> • 3 ounces of cooked lean meat, poultry, or seafood • 1 tablespoon of peanut butter • ¼ cup of cooked, dry beans (such as lentils, black beans, kidney beans, chickpeas) • 1 egg • ½ cup of tofu or a 2½ ounce soy burger • ⅓ cup of nuts

What Size is a Serving?

Fruit: 1 medium fruit, about the size of a baseball



Vegetables: ½ cup, about the size of a small computer mouse



Cheese (low-fat or fat-free): 1½ ounces, about the size of six dice



Pasta (cooked): ½ cup, about the size of a small computer mouse









Seafood or lean meat: 2–3 ounces, about the size of a deck of cards







You can get more information at www.choosemyplate.gov.

Source: U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2010. 7th Edition, Washington, D.C.: U.S. Government Printing Office. December 2010.

Power Foods

NUTRIENT	BENEFITS	SOME FOOD SOURCES
 <p>VITAMIN A</p>	<ul style="list-style-type: none"> ♦ Good vision ♦ Healthy skin and hair ♦ Helps you grow 	<ul style="list-style-type: none"> ♦ Fortified instant cereals (cereals that have Vitamin A added to them) ♦ Liver, dairy, and fish ♦ Dark-green, leafy vegetables like spinach, collards, and kale ♦ Carrots, sweet potatoes, pumpkin, and winter squash
 <p>VITAMIN C</p>	<ul style="list-style-type: none"> ♦ Healthy bones, skin, blood cells, gums and teeth 	<ul style="list-style-type: none"> ♦ Strawberries, grapefruits, oranges, melons, mangoes, and tomatoes ♦ Broccoli, red sweet peppers, cauliflower, and sweet potatoes
 <p>VITAMIN D</p>	<ul style="list-style-type: none"> ♦ Reduces risk of bone fracture and prevents softening of bones (rickets) ♦ Helps body absorb calcium from food 	<ul style="list-style-type: none"> ♦ Salmon, herring, mackerel, tuna, and egg yolks ♦ Fortified foods, such as breakfast cereal, milk, and some yogurts <p><i>Sunlight on the skin enables the body to make Vitamin D. Ten to 15 minutes of sunshine three times a week is enough to produce the body's requirement for many people.</i></p>
 <p>VITAMIN E</p>	<ul style="list-style-type: none"> ♦ Protects the body's cells 	<ul style="list-style-type: none"> ♦ Nuts (almonds, hazelnuts, and peanuts) ♦ Sunflower seeds and pine nuts ♦ Vegetable oils
 <p>CALCIUM</p>	<ul style="list-style-type: none"> ♦ Strong bones and teeth 	<ul style="list-style-type: none"> ♦ Low-fat or fat-free milk, yogurt, and cheese ♦ Calcium-fortified cereals, juices, soy beverages, and tofu ♦ Canned sardines and salmon (bones included)
 <p>MAGNESIUM</p>	<ul style="list-style-type: none"> ♦ Helps contract and relax muscles 	<ul style="list-style-type: none"> ♦ Ready-to-eat 100% bran cereals ♦ Spinach ♦ Almonds, cashews, and pine nuts ♦ Halibut and haddock

Foods contain nutrients that help you look and feel your best and grow healthy and strong.

NUTRIENT	BENEFITS	SOME FOOD SOURCES
<p>FOLATE (also called folic acid)</p> 	<ul style="list-style-type: none"> ♦ Helps your body make red blood cells 	<ul style="list-style-type: none"> ♦ Beans and peas ♦ Peanuts ♦ Oranges and orange juice ♦ Dark-green, leafy vegetables, like spinach ♦ Fortified cereals ♦ Enriched grain products
<p>FIBER</p> 	<ul style="list-style-type: none"> ♦ May help reduce risk for coronary heart disease ♦ Helps make you feel full and have regular bowel movements 	<ul style="list-style-type: none"> ♦ Beans and peas ♦ Ready-to-eat 100% bran cereals ♦ Sweet potatoes and baked potatoes with skin ♦ Pears and apples with skin
<p>IRON</p> 	<ul style="list-style-type: none"> ♦ Helps red blood cells carry oxygen to different parts of the body to help produce energy ♦ Lack of iron in red blood cells (called anemia) can make you feel weak and tired 	<ul style="list-style-type: none"> ♦ Lean meat and poultry ♦ Clams, oysters, shrimp, and canned sardines ♦ Spinach ♦ Beans (white, navy, and kidney), lentils, and roasted pumpkin and squash seeds ♦ Iron-fortified cereals
<p>POTASSIUM</p> 	<ul style="list-style-type: none"> ♦ Helps muscles work ♦ Reduces risk of high blood pressure and stroke 	<ul style="list-style-type: none"> ♦ Baked white or sweet potatoes ♦ Tomato products ♦ Squash (pumpkin, butternut, and acorn) ♦ Bananas and plantains ♦ Dried peaches, prunes, and apricots ♦ Oranges and orange juice ♦ Cantaloupe and honeydew ♦ Low-fat or fat-free yogurt

Check The Facts

What you need to know about the Nutrition Facts label



Start here



Check calories



Limit these nutrients



Get enough of these nutrients

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
<i>Trans</i> Fat 3g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Potassium 700mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g



% Daily Value:

5% or less is low

20% or more is high

How to Read the Nutrition Facts Labels

- 1 Serving Size:** Always look at the serving size (this example is 1 cup) on the label. If you double the servings you eat, you also double the calories and nutrients. Notice that this container has two servings.
 - 2 Calories:** Decide if this food is worth eating, based on the number of calories and the amount of nutrients you are getting. More than 400 calories per serving is high for a single food item.
 - 3 Fat, Cholesterol, and Sodium:** To reduce the risk of heart disease, limit your intake of fat, saturated fat, and cholesterol and reduce your intake of sodium. Keep trans fat as low as possible.
 - 4 Percent Daily Value (%DV):** The %DV tells you if a serving of food is high or low in a nutrient, and provides information on how a serving of the food fits overall into a healthy diet. 5% DV or less is low and 20% DV or more is high. Limit your intake of fat, saturated fat, and cholesterol and reduce your intake of sodium. Keep trans fat as low as possible. Throughout the day, remember to eat foods that are high in dietary fiber, vitamins A and C, calcium, and iron. Accomplish this goal by eating foods from the various food groups.
- Read the ingredients on the label.** Check to see if sugars are listed as the first few ingredients. If so, this food or drink may not be very healthy. There are many different kinds of sugars, so look for ingredients such as brown sugar, corn sweetener, high-fructose corn syrup, dextrose, fructose, fruit juice concentrate, maltose, dextrose, sucrose, honey, and maple syrup.

Understanding Food Labels: What Does it Mean?

	WHAT DOES IT MEAN?	WHERE DOES IT COME FROM?
Calories	<p>A measure of the energy content of food. Calories act as fuel for your body.</p> <p>Starting around age 14 teen girls need about 1,800 calories a day — more if you are very active.</p>	<p>Most foods have calories.</p>
Fat	<p>Your body needs some fat both for energy and to keep your hair, organs, and blood system healthy. Too much fat can cause weight gain and increase the risk of health problems like heart disease.</p>	<p>Eat more of these fats: vegetable oils (or oils from plants like olive, sunflower, etc.), nuts, and seafood.</p> <p>Eat less of these fats: fatty meats, butter, and fried foods. Keep <i>trans</i> fat as low as possible.</p>



	WHAT DOES IT MEAN?	WHERE DOES IT COME FROM?
Cholesterol	A waxy substance. Too much can build up in your blood vessels and block blood flow to your heart.	Meat, whole milk, eggs, poultry, and seafood.
Sodium	Another word for salt. Most teen girls need less than one teaspoon of salt a day.	Many prepared and processed foods like deli meats, bacon, and some canned soups contain high levels of sodium (salt). Fast food is usually very high in salt.
Dietary Fiber	Helps digestion and may help prevent heart disease.	Fruits, vegetables, beans, whole-grain foods, and high-fiber foods.
Sugars	A source of energy. Natural sugars come from foods that also bring vitamins and minerals that you need. Added sugar in sodas, candy, and other sweets give you empty calories without added nutrients.	Natural sources of sugar include fruits and milk products (lactose). Added sugars come from corn syrup or white, brown, or powdered sugar.
Carbohydrates	A source of energy. There are two types: simple carbohydrates (sugars, as shown above) and complex carbohydrates that come from starchy foods.	Starchy foods include pasta, rice, bread, cereals, potatoes, and starchy vegetables (corn, sweet potatoes, peas, lentils).

Circle your answers.

- 1 True or False:** Kids who eat a healthy breakfast tend to do better in school than those who skip it and don't eat until lunch.
- 2 True or False:** Teen girls need more calories than teen boys.
- 3 About how much sugar is in a 12-ounce can of cola?**
 - A Three teaspoons
 - B Five teaspoons
 - C Seven teaspoons
 - D Nine teaspoons
- 4 What counts as a serving (1 ounce) of bread?**
 - A One slice
 - B Two slices
 - C Four slices
 - D One loaf
- 5 True or False:** Skipping meals, fasting, and not eating whole groups of foods (like grains) are not healthy ways to lose weight.

Answers

1 True 2 False 3 D 4 A 5 True



Calcium Word Find

Find and circle the terms listed below in the word bank. All these foods are good sources of calcium, which helps build strong bones and teeth.

C	I	L	O	C	C	O	R	B
H	A	E	D	A	T	L	M	E
E	W	E	U	F	O	T	C	S
B	M	A	T	U	R	U	E	E
O	E	D	F	U	T	N	R	N
K	A	N	G	F	I	O	E	O
C	L	O	M	I	L	K	A	M
H	Y	M	R	U	L	E	L	L
O	S	L	L	M	A	N	S	A
Y	S	A	R	D	I	N	E	S
A	P	U	U	D	T	N	G	S
E	O	R	D	A	E	R	B	A
L	S	O	Y	M	I	L	K	B

Word bank: Milk, (fortified) bread, soy milk (fortified beverage), yogurt, tortilla, broccoli, bok choy, almond, waffles, (fortified) cereals, (canned) sardines, (canned) salmon, tofu.

Check food labels. Find out how much calcium is in different foods. Look for "Percent Daily Value" (written as %DV or % Daily Value). If it has 5% or less, that's low. If it has 20% or more, that's high.

How Does Nutrition Really Affect Your Health?

Find out the answers to common questions about food and eating habits.



Q Does eating pizza or chocolate give you pimples?

A Generally, food is not what causes acne or bad skin. However, it's always a good idea to drink plenty of water, eat lots of fruits and vegetables, and limit excess fat.

Q How does caffeine affect your energy level?

A You can find caffeine in drinks like soda, tea, and coffee. Caffeine makes everything in your body speed up. Your heart beats faster and you can feel more "awake." Once it wears off, you may feel like you have even less energy than before. To boost your energy level, get enough sleep and skip the caffeine.

Q Are there foods that make you feel lazy?

A The main reason for feeling sluggish after a meal is the amount you eat. One trick to avoid eating too much is to eat slowly. It takes your brain some time to register that you've eaten and tell your body to take a break.

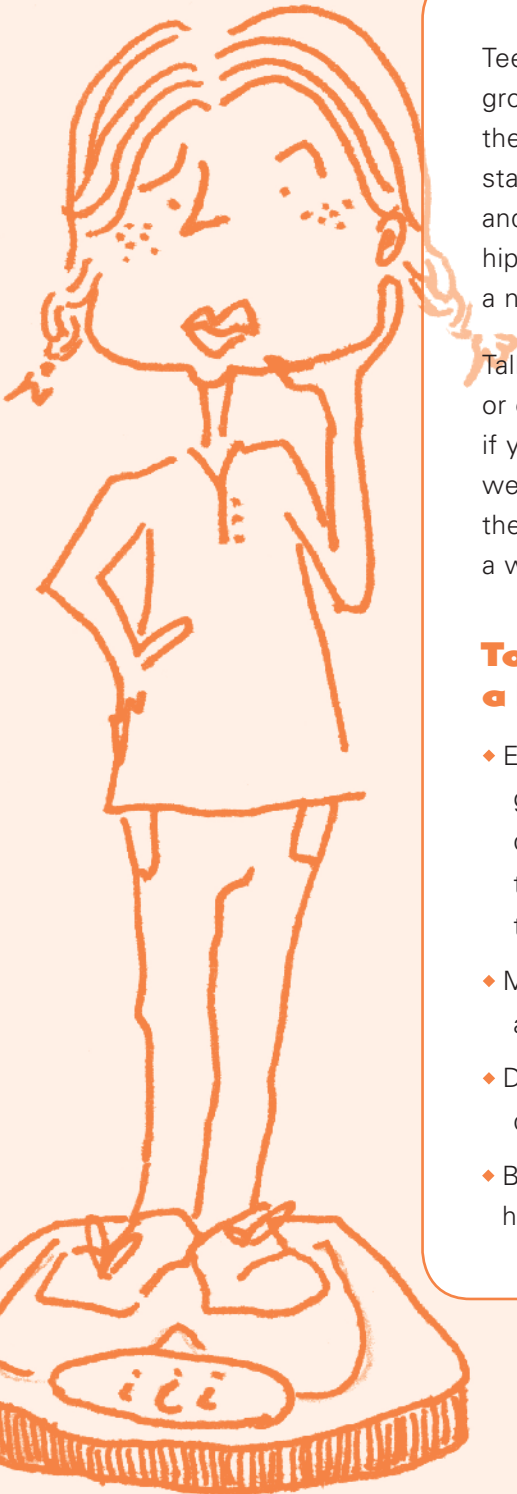
Q Do I need to drink eight glasses of water a day?

A It's important to drink plenty of fluids during the day. Exactly how much you need depends on a lot of things. If it is hot or you're exercising and sweating a lot, you can drink more. If you eat a lot of fruits and vegetables (water-rich foods), you'll need to drink less.

Q Is it true that you shouldn't eat after 8 p.m.?

A There is no magic time to stop eating. If your life is too busy to eat dinner before 8 p.m., it's okay to eat after that time. Or, if you're hungry because you haven't eaten enough that day, grab a healthy snack like a glass of low-fat or fat-free milk or yogurt. Sometimes we crave food when we're tired and want to stay awake. In that case, head for bed and leave eating for the morning.

What is a Healthy Weight?



Teen girls' bodies are constantly growing and changing. Before the age of 11 or 12, girls may start to get taller and heavier and have more fat around their hips, waist, and breasts. This is a normal part of growing up.

Talk to a doctor, school nurse, or other health professional if you're worried about your weight. They can help you find the best way to reach and keep a weight that is healthy for you.

To reach and keep a healthy weight

- ◆ Eat foods from different food groups (fruits, vegetables, dairy, grains, and proteins) in the right amounts. Eat seafood twice a week as your protein.
- ◆ Make half of your plate fruits and vegetables.
- ◆ Drink water instead of sugary drinks.
- ◆ Be physically active for an hour every day.

DiETING is Not the Answer



Don't Do This	Because...
◆ Skip meals	◆ Missing meals often leads to overeating at later meals.
◆ Starve yourself	◆ It's not likely you'll keep weight off in the long term. Also, you'll miss out on important nutrients your body needs for growth.
◆ Leave out a whole food group or just eat foods from a few food groups	◆ You need a balance of different food groups to make sure you get all the nutrients you need.
◆ Make yourself vomit	◆ Vomiting can keep your body from absorbing the nutrients you need for good health. In particular, your body can't take in electrolytes, which affect the functioning of your heart.

A Healthy Diet and Dieting – They Don't Mean the Same Thing

A healthy diet means getting the right balance of foods and nutrients that your body needs every day.

Dieting means limiting how much food (or the kinds of food) you eat to help lose weight. Teens should not diet unless they are under a doctor's care. They should not miss out on important nutrients.

The best way to make sure you look and feel your best is to take steps to keep a healthy diet and maintain a healthy weight. Here's how:

- ◆ **Start with breakfast.** This will help you have more energy, increase your attention span and memory, and feel less grouchy or restless.
- ◆ **Plan ahead.** Think about what kind of meals and snacks you would like to eat during the week. Help your family make a shopping list — you may even want to help with the shopping and cooking.
- ◆ **Pack your lunch.** Snacks and sodas from a vending machine will give you plenty of calories, but not many nutrients. Bring your own lunch. Create your own sandwich, and add healthy foods and drinks like fruits, unsalted nuts, low-fat yogurt, vegetables, water, and 100% fruit juice.





- ◆ **Eat dinner with your family.** Family meals help you reconnect after a busy day, and they are more likely to include more fruits, vegetables, and grains. Help your family make healthy dinner choices.
- ◆ **Make smart choices.** Skip “Super Size” fast-food portions.
- ◆ **Think about what you drink.** Try sticking to water and low-fat or fat-free milk instead of sodas, sports drinks, energy drinks, and other sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.
- ◆ **Keep a journal.** Use an online food and activity journal such as www.choosemyplate.gov/SuperTracker.
- ◆ **Pick smart snacks.** Here are some ideas:
 - ◆ Fresh or dried fruit
 - ◆ Peanut butter on rice cakes, whole-wheat crackers, celery sticks
 - ◆ Baked potato chips or tortilla chips with salsa
 - ◆ Veggies with low-fat dip
 - ◆ Low-fat cheese or low-fat yogurt
 - ◆ Graham crackers, vanilla wafers, animal crackers, fig bars
 - ◆ Air-popped or low-fat microwave popcorn

Why Physical Activity?





2

Swimming, dancing, skating, playing soccer, and riding a bike are all examples of physical activity. In other words, it's an activity that gets your body moving and uses up energy.

Physical Activity is Fun and is Something You Can Do with Friends



It can also help you to...

- ◆ Build and keep healthy bones, muscles, and joints.
- ◆ Strengthen your heart, lungs, and blood vessels.
- ◆ Get your mind ready for learning.
- ◆ Feel less stressed.
- ◆ Boost your self confidence.

“Having a goal to be physically active every day is very important for kids, and it can be achieved through activities as simple as doing jumping jacks. No one needs fancy equipment, specific clothing or a gym membership to get out and exercise.”

— Dominique Dawes, Co-Chair,
President’s Council on Fitness,
Sports & Nutrition, on May 4, 2011

How Physically Active Am I?

1 What physical activities do you do now? (Check all that apply).

- Team sports (example: volleyball, soccer, basketball)
- Biking Dancing School P.E. Class
- Walking Gymnastics Martial arts
- Rollerblading Skating Hiking
- Swimming Yoga Running (jogging)
- Other _____
(fill in one or more activities)

2 How many days do you do physical activity during a typical week?

- Every day 5–6 days 3–4 days
- 1–2 days 0 days

3 On a typical day, how much time do you spend doing physical activities?

- About 60 minutes 30–60 minutes
- 20–30 minutes Less than 20 minutes
- 0 minutes

It All Adds Up!

- 1** The key is to pick one or two physical activities that you like to do. Remember that you do not have to be competitive to be active.
- 2** Aim to do 60 minutes of physical activity each day. You should do a mix of activities (aerobic, muscle-strengthening, and bone-strengthening) and include both moderate and vigorous activity.
- 3** If you're not physically active for 60 minutes nonstop, it's okay to do physical activity for 10 or 20 minutes at a time throughout the day.

Work It

Physical Activity Ideas

Try to get 60 minutes of moderate and vigorous physical activity every day. Find activities you enjoy. Try new activities with friends or a parent.

Activity Level	What is it?
Light <ul style="list-style-type: none">◆ Not sweating◆ Not breathing hard	Slow walking, some types of yoga, ping-pong, bowling
Moderate <ul style="list-style-type: none">◆ Breaking a sweat◆ Can talk, but can't sing	Rollerblading, swimming, walking fast, biking, mowing the lawn
Vigorous <ul style="list-style-type: none">◆ Sweating◆ Breathing hard◆ Can't talk or sing	Jogging, playing basketball, biking uphill, swimming laps, martial arts, tennis, field hockey

Also Try Fitting In...

Type	What is it?	Why do it?
Muscle-strengthening 3 days a week, as part of your 60 minutes	Gymnastics, yoga, push-ups and sit-ups, using weight machines and resistance bands	<ul style="list-style-type: none">◆ Increases strength◆ Builds muscle
Bone-strengthening 3 days a week, as part of your 60 minutes	Walking, running, hiking, dancing, jumping rope, soccer, and other weight-bearing activities that work bones and muscles against gravity	<ul style="list-style-type: none">◆ Makes bones stronger



Word Scramble

What do all these words have in common? They are all physical activities you can do.

1 bduleo uhdtc _____

2 cuhot bloftlao _____

3 ghetiw riinangt _____

4 iaeuttml seibfre _____

5 saals nagincd _____

6 igsink _____

7 gedslndi _____

8 botlasfl _____

Answers

1 double dutch 2 touch football 3 weight training 4 ultimate frisbee 5 salsa dancing 6 skiing 7 sledding 8 softball

Get Ready





Making small changes to eat healthy foods or be physically active is a great way to help you feel good and have more energy.

Start Small

Just start with a few small changes you're most willing to do. The list below can help. **Check off the small changes or goals that appeal to you. Each goal you set is a small step toward a larger goal of living a healthier lifestyle.**

- Increase the number of fruits and vegetables you eat each day.
- Build up to one hour of physical activity each day.
- Eat fewer sweets.
- Turn off the TV when eating meals and snacks.
- Drink less soda.
- Drink low-fat or fat-free milk.
- Drink more water.
- Eat low-fat or fat-free yogurt or cheese.
- Eat breakfast most days of the week.
- Eat more whole-grain foods (such as whole-wheat bread, whole-grain pasta, or whole-grain crackers; oatmeal; or brown rice).
- Other _____
(fill in the blank)



Now Take Action. Put it in Writing.

Pick your top two goals from your list and answer the questions below for each.

1 Pick two goals from the previous page and make them specific to you!

Example: Drink milk instead of soda after school.

2 Why did you choose these goals?

3 Who can help you reach your goal? (Choose one or more options)

Friends

Family

Other

_____ (fill in the blank)

4 How will you get started?

5 How will you reward yourself when you reach your goal?

6 When will you get started?

(month and day)



Sample answers

1 What is your goal?

To eat fewer sweets.

2 Why did you choose this goal?

Because I eat at least two chocolate bars every day.

3 Who will help you reach your goal?

Family

Friends

4 How will you get started?

Pack a lunch from home so I won't eat chocolate from the school vending machine.

5 How will you reward yourself when you reach your goal?

Go to a movie with my friends.

6 When will you get started?

Monday, January 31.

Keeping a Food and Exercise Diary

Writing in a diary is a good way to get to know your eating and exercise habits. It can also help with the small changes you may want to make.

The next page has a sample to get you started. This is a page from the ***Best Journal Ever!*** in the BodyWorks toolkit. You can also use an online food diary, such as www.choosemyplate.gov/SuperTracker.

Here are some tips:

- ◆ Write things down as soon as possible.
- ◆ Write down everything you eat, even if it's just one cookie.
- ◆ Be honest. A journal is meant to help you, not judge you.
- ◆ Include drinks.
- ◆ Write down how you were feeling. It can help you figure out if you ate because you were hungry or for other reasons.



Dates: October 5 to October 11

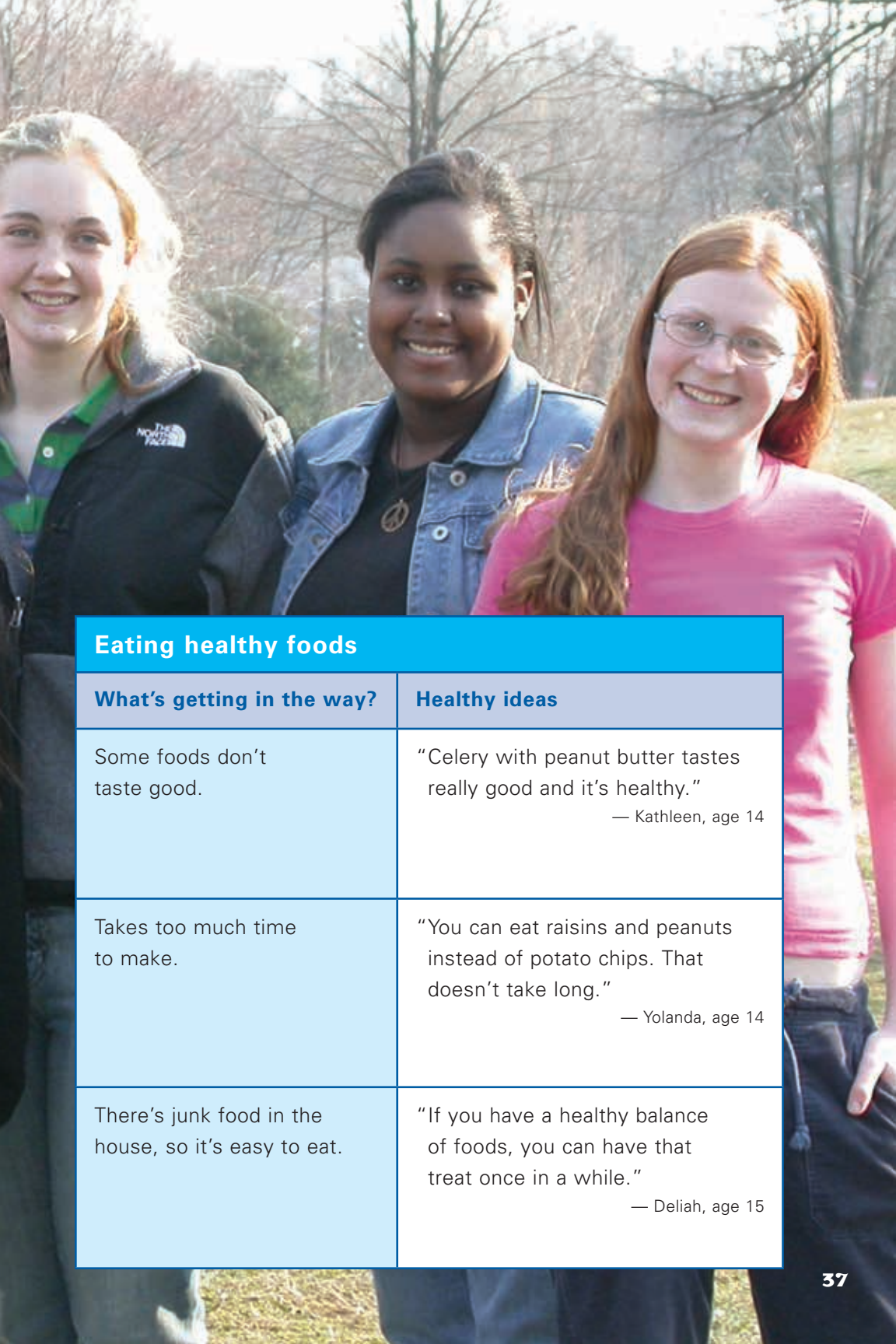
	Sun: <u>10/5</u>	Mon: _____	Tue: _____
BREAKFAST	waffles with sliced bananas on top cup of fat-free Yogurt Orange Juice calcium <input checked="" type="checkbox"/> vitamin D <input checked="" type="checkbox"/> Mood <u>sleepy!</u>	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood
LUNCH	grilled cheese sandwich on whole-wheat bread baby carrots chocolate milk calcium <input checked="" type="checkbox"/> vitamin D <input checked="" type="checkbox"/> Mood <u>bored</u>	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood
DINNER	whole-wheat quesadilla with chicken broccoli and cheese calcium <input checked="" type="checkbox"/> vitamin D <input checked="" type="checkbox"/> Mood <u>happy</u>	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood
SNACK	sliced apples dipped in peanut butter calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood <u>relaxed and a little sleepy</u>	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood
EXERCISE	practiced dance routine 30 went for a walk 45 total exercise 75 mins		

What's Stopping You?



Exercising

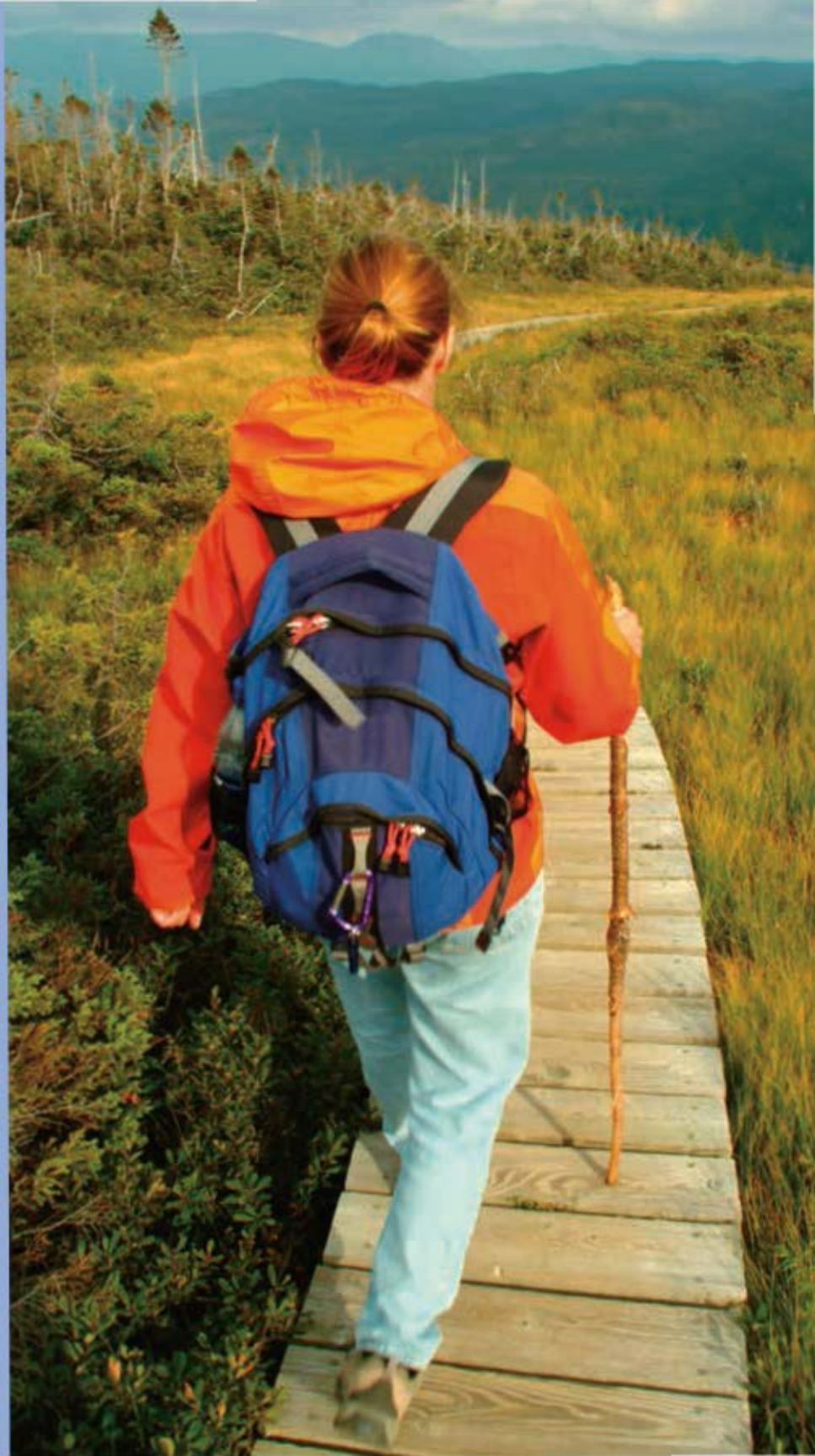
What's getting in the way?	Healthy ideas
Rather watch TV or be on the computer.	"Exercise with a group of people so it's easier...It's fun and you make close friends." — Annie, age 15
Too tired, no energy.	"Once you start exercising, your energy level goes up so you won't have that problem anymore." — Yolanda, age 14
No time.	"It's important to be a balanced, healthy person. Try to balance school and exercise so you can make the time." — Emily, age 15



Eating healthy foods

What's getting in the way?	Healthy ideas
Some foods don't taste good.	"Celery with peanut butter tastes really good and it's healthy." — Kathleen, age 14
Takes too much time to make.	"You can eat raisins and peanuts instead of potato chips. That doesn't take long." — Yolanda, age 14
There's junk food in the house, so it's easy to eat.	"If you have a healthy balance of foods, you can have that treat once in a while." — Deliah, age 15

Take Action





You're ready to start making
small changes for your health.
Begin with your meals.

Breakfast Boost

Eating breakfast gives you energy to start the day.

Breakfast ideas

- ◆ Bowl of instant oatmeal or whole-grain cereal with low-fat milk. Add berries, banana slices, or raisins.
- ◆ Whole-wheat pita or sandwich bread stuffed with scrambled eggs, topped with a dab of ketchup or hot sauce. Wash it down with a glass of calcium-fortified orange juice.
- ◆ Toasted, frozen whole-grain waffles topped with peanut butter and a sliced banana. Add a glass of low-fat milk or low-fat yogurt smoothie.



Why eat breakfast?

“You should always eat breakfast — it keeps you from falling asleep in class.”

— Ashley, age 12

How do you make the time?

“Wake up early every morning and eat. If you don’t have an alarm clock, ask your mom to wake you up.”

— Ashley, age 13

“Make it your responsibility as a preteen or teen to go to bed early so you can wake up to eat breakfast.”

— Jessica, age 11

Try a Bag Lunch

Long cafeteria lines, food you're not crazy about, and short lunch periods. These are some of the reasons teens say they skip lunch or grab snacks from the vending machine. If this sounds familiar, think about packing a bag lunch and buying a carton of low-fat milk.

Lunch ideas

- ◆ Turkey sandwich on whole-wheat bread with mustard, baked potato chips, a pear, red pepper slices, and fat-free milk.
- ◆ Tuna salad on whole-wheat bread with lettuce, tomato, cucumber, and low-fat mayonnaise plus a fruit cup, pretzels, fig bars, and low-fat milk.
- ◆ Salad with mixtures of fruits and vegetables. A vegetable salad with corn, avocado pieces, and mandarin oranges. A chicken salad with tomatoes, lettuce, cucumbers, and pieces of grilled chicken. Try adding grated carrots, raisins, or dried cranberries to a vegetable salad. Use low-fat dressing. Add a glass of low-fat milk, whole-wheat crackers, low-fat string cheese, and some low-fat pudding.
- ◆ Peanut butter and banana sandwich on whole-wheat bread with carrot sticks, apple sauce, an oatmeal raisin cookie, and fat-free chocolate milk.

Snack smart ideas

- ◆ Fruit
- ◆ Veggies with low-fat or fat-free dip
- ◆ Low-fat yogurt
- ◆ Low-fat string cheese
- ◆ Baked potato chips
- ◆ Baked tortilla chips with salsa
- ◆ Flavored rice cakes (caramel or apple cinnamon)
- ◆ Popcorn (air popped or low-fat microwave)

Are Family Meals Healthy?



Did you know that kids who eat meals with their families eat more fruits, vegetables, and other healthy foods? Yet these days, many families are busy and don't eat together much.

Monet Griffin, age 15, often eats meals with her family. Monet talked to her mom, Elvira Robinson, about family meals and how girls can get their families to eat together more.



Why do you think families should eat together?



We have a high regard for family. We make it our business to set aside meal time and come together to share our thoughts. We talk about what happened during our day, and anything that may be going on in our lives.



A lot of families don't eat together these days. Why do you think that is?



I think it's because people have lost the sense of family and how important it is for families to be closely knitted.



Did you eat together with your family when you were my age?



Yes I did, but it was a little different. My parents had a set time for meals that applied to everybody. Our parents always said that eating together helped to build family ties.



What could a girl my age do to help her family try to eat together sometimes?



A girl your age could surprise her family one evening by making a meal (something simple), setting the table, and getting everyone seated and enjoying a meal together. She might be surprised at the response.

Fast Food Tips

- ◆ Order garden or grilled chicken salads with low-fat dressings.
- ◆ Limit fried foods (french fries, onion rings, or fried chicken or fish).
- ◆ Choose grilled chicken, but skip or go light on the sauce or mayo.
- ◆ Order a plain burger without cheese and bacon.
- ◆ Buy the smallest sandwich on the menu.
- ◆ Use mustard, ketchup, or low-fat mayonnaise.
- ◆ Order low-fat or fat-free milk, or just have water.
- ◆ Pick vegetable toppings for your pizza, such as peppers, mushrooms, onions, and tomatoes.

Many restaurants now include nutritional information on their menus or websites.

Check out the stats of your favorite restaurant meals to help make healthy choices when you eat out!



Pick the Low-Fat Choices

1	<input type="checkbox"/> Grilled chicken sandwich, light on the sauce.	or	<input type="checkbox"/> Fried fish fillet sandwich
2	<input type="checkbox"/> Bacon cheeseburger sandwich	or	<input type="checkbox"/> Lean roast beef sandwich
3	<input type="checkbox"/> Turkey sub with mustard	or	<input type="checkbox"/> Tuna salad sub
4	<input type="checkbox"/> French fries	or	<input type="checkbox"/> Baked potato

Answers

1 Grilled chicken sandwich. Fast food fish fillet sandwiches tend to be fried so they're higher in fat, calories, and salt.

2 Lean roast beef sandwich. The bacon and cheese add extra fat, salt, and calories. If you go with the burger, try it plain with extra lettuce, tomato, and onions.

3 Turkey sub with mustard. A tuna salad sandwich usually is made with mayonnaise, which is high in fat. Mustard is fat-free.

4 Baked potato. Since french fries are fried, they tend to be higher in fat than a baked potato. Choose low-fat cheese when adding toppings, and limit the amount of butter and sour cream on the potato.

Check out CDC's interactive tool to examine what you eat! Learn how to create healthy plates and add colorful fruits and veggies to your meals:

www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html



A Healthy Mind = A Healthy Body

Feeling good about your body is just as important as eating healthy foods and getting physical activity. Why? Having a good image of your body helps build confidence and self-esteem. In other words, it helps you be a healthy person.

Feeling good about your body means...

- ◆ Knowing that you are beautiful and unique.
- ◆ Accepting your natural body shape.
- ◆ Knowing that who you are has little to do with how you look.
- ◆ Saying no to unhealthy dieting, like skipping meals or eating very little.

What is an Eating Disorder?

An eating disorder is an extreme way of thinking about — and behaving toward — weight and food.

Eating disorders are common in girls and women and are serious health problems. They can include anorexia, bulimia, and binge-eating disorder.

It's important to see a health care provider if you think you may have an eating disorder. For more information about eating disorders, including signs and symptoms, go to:

- ◆ www.girlshealth.gov/feelings/sad/eatingdisorder.html
- ◆ www.kidshealth.org/teen/your_mind
- ◆ www.nationaleatingdisorders.org



Dealing with Stress

There are lots of reasons why teens can feel stressed, including schoolwork, problems at home or at school, or even low self-esteem.

A little stress, like during a sports competition, can push you to do your best, but major stress can lead to health problems like depression or eating disorders.

Signs of Stress*

- ◆ Feeling down
- ◆ Feeling tired
- ◆ Headaches
- ◆ Stomachaches
- ◆ Sleeping problems
- ◆ Laughing or crying for no reason
- ◆ Blaming others
- ◆ Negative attitude
- ◆ Not enjoying your usual activities
- ◆ Feeling overwhelmed

* Some of these signs are also linked to a more serious condition called depression. For more information about depression go to: www.girlshealth.gov/feelings.





Stress Busters

- ◆ Be physically active
- ◆ Eat healthy foods regularly (including healthy snacks)
- ◆ Get enough sleep
- ◆ Limit caffeine (soda often has caffeine, as do coffee drinks)
- ◆ Take a break (for example: listen to music or draw)
- ◆ Spend time with friends
- ◆ Talk to someone you trust, like a friend or parent

Eating and Feelings



For some people, eating is a way to deal with emotions such as stress, boredom, or sadness. Find out the answers to common questions about feelings and eating, known as “emotional” eating.

— Answers provided by Carol Lynn Trippitelli, M.D.

Q How would a person know if she is eating for emotional reasons?

A Keeping track of your eating habits and mood can help answer this question. If you’re worried about this issue, try writing down what you eat during the day. Also, write down what your mood was like each time you ate something. Include emotional stresses like exams or family problems (See page 35 for an example).

Q Can emotional eating be unhealthy?

A Yes it can, when it starts to get in the way of daily life or relationships with friends, family, and others. In some cases, emotional eating can become binge-eating disorder. This is a problem where a person eats very large amounts of food in one sitting and feels out of control while doing so (known as bingeing). Binge eating disorder is defined as bingeing at least twice a week for six months.

Q Why would someone think they feel hungry if they're really sad or stressed out?

A They may have become used to eating as a way to deal with stress. Food can feel comforting when feeling sad or anxious. Also, an increased appetite (feeling hungrier) could be a sign of clinical depression. A person with clinical depression would have five or more of these symptoms for at least two weeks:

- ◆ Depressed or irritable mood
- ◆ Eating more or less than usual
- ◆ Feeling worthless or guilty
- ◆ Loss of interest in activities/hobbies
- ◆ Sleeping more or less than usual
- ◆ Having a hard time thinking or concentrating
- ◆ Low energy
- ◆ Thoughts of death or suicide

If you think you may be depressed, you should see a doctor or psychiatrist to get an evaluation and establish a treatment plan.

Q What are some ways to prevent emotional eating?

A Learn healthier ways to deal with stress. Avoid unhealthy dieting, like eating very little or skipping meals. In the long run, these habits can lead people to want to overeat or binge. Get medical treatment for a mood disorder, like depression or feelings of anxiety, if these are problems. Once these conditions are better under control, it can be easier to deal with the emotional eating issues.

Look Around You





TV, Internet, cell phone apps, movies, music, and magazines are all types of media many teens use every day. What you see, hear, and read in the media can affect the way you look at the world — and how you think of yourself.

5

Media Smarts

The “perfect” body: Is this for real?

The media is filled with pictures of perfect bodies. But is this how people really look? Not really. Think about it:

- ◆ Most runway models really weigh too little, which isn't healthy.
- ◆ Many photos you see are airbrushed to take out all wrinkles, pimples, sags, and bags.
- ◆ TV and movie stars have whole teams of people to cook their food, do their hair and makeup, and even help them stay in shape.



Teens see about 40,000 television ads every year. Most are for candy, cereal, and fast food.

Companies use many ways to get you to take notice. Look at the food ads the next time you turn on your TV. How are things being sold to you?

- ◆ Saying the product will make you popular or better looking
- ◆ Featuring sports heroes and TV and movie stars
- ◆ Showing kids who look older and more perfect than the kids/teens the ad targets
- ◆ Making you feel good, like showing a mother and daughter eating together
- ◆ Playing music and sound effects that are enticing
- ◆ Using cartoon characters to get your attention



Many foods are made over so they look good enough to eat on camera — even after a long photo shoot.

Here are just a few examples:

- ◆ Brown food dye, cooking oil, or even petroleum jelly (like Vaseline) can make burgers look juicy.
- ◆ White glue can replace milk so a bowl of cereal looks ready to eat for hours — without a soggy mess.
- ◆ A squirt of dishwashing liquid keeps a cup of hot cocoa looking hot and bubbly.



Reality Check

Take a look around your home and school and answer these questions.

At your home

What foods can you snack on at home? (check all that apply)

- Sweets Chips Fruit Veggies
 Low-fat or fat-free yogurt Low-fat or fat-free cheese
 Other _____

If you pack a lunch for school, what foods can you choose from at home? (check all that apply)

- Sandwich Leftovers Sweets Chips
 Low-fat yogurt Fruits Veggies
 Other _____

What is there to drink in your house? (check all that apply)

- Water Soda Fruit drinks
 Whole milk Low-fat or skim milk
 Other _____

How often does your family eat meals together at home?

- Every day Sometimes Rarely Don't know

Do you have bikes, balls, jump ropes, or other sports equipment at home?

- Yes No

At your school

Does the cafeteria serve fruits and vegetables that look and taste good?

- Every day Sometimes Rarely Don't know

Does the cafeteria serve fast food like cheeseburgers and french fries?

- Every day Sometimes Rarely Don't know

If your school has vending machines, can you buy fruit, baked crackers, water, or low-fat milk from them?

- Yes No Explain _____

How often do you go to P.E. or gym class each week?

- Every day Two or more days One day Never

How often can students use balls, jump ropes, or other sports equipment before or after school?

- Every day Sometimes Rarely Don't know

If your school has a gym, track, weight room, or pool, can you use them before or after school?

- Every day Sometimes Rarely Don't know
 Never

Chicago students say "healthier lunches!"

A group of high school students in Chicago spoke out about their school lunch menus at a meeting of the Chicago Board of Education. They wanted to replace frozen, processed foods and add more vegetables and other nutritious foods. The CEO of the public school system responded by including less salt and sugar, and more fruits and veggies, on the next year's menu.

— ABC World News with Diane Sawyer.

"Food Fight: High School Lunches." March 24, 2010.

You Can Make a Difference

At home

Ask your parent or caregiver about...

- ◆ Adding healthy snack and bag lunch foods to the shopping list.
- ◆ Eating some meals at home as a family when you can.
- ◆ Having balls, bikes, or jump ropes available at home.

At school

Talk to a teacher, principal, or school administrator about...

- ◆ Offering better food choices in the school cafeteria and vending machines.
- ◆ Adding more P.E. or gym class time during school hours.
- ◆ Letting students use school sports equipment (jump ropes or balls) or gyms, weight rooms, or pools before or after hours.
- ◆ Posting a student survey about food and physical activity on your Facebook page or school website.

Other ways to make changes at your school

- ◆ Joining or organizing a student group or school wellness committee to develop priorities.
- ◆ Passing out a student survey about food and physical activity.
- ◆ Writing letters to school principals or school administrators.
- ◆ Contacting local newspapers and TV and radio stations.
- ◆ Getting your parents and your school's PTA to help you.

For more information about making changes at your school, go to www.californiaprojectlean.org or www.healthiergeneration.org.

Health Websites for Teen Girls

Learn more about nutrition, exercise, stress management, and more by visiting these websites:

- ◆ www.girlshealth.gov
- ◆ www.bestbonesforever.gov
- ◆ www.choosemyplate.gov
- ◆ www.letsmove.gov
- ◆ www.fitness.gov
- ◆ www.presidentschallenge.org
- ◆ www.bam.gov
- ◆ www.nichd.nih.gov/milk
- ◆ www.kidshealth.org
- ◆ www.kidnetic.com
- ◆ www.healthiergeneration.org





“If you learn good habits early, you’ll carry them with you for the rest of your lives. So let’s act. Let’s get going. Let’s move.”

— Michelle Obama



BODWORKS

A Toolkit for Healthy Teens & Strong Families



Womenshealth.gov

OWH Helpline: 800-994-9662