

Healthy bodies come in all shapes and sizes. A healthy diet and regular exercise will give you the energy you need to get through your busy day.

Meal Tips

- To make sure that you meet your vitamin needs, take a multiple vitamin with minerals and folic acid every day.
- Avoid fruit juices and fruit drinks. Try eating fresh fruit instead.
- Help control your portions by using smaller plates and choosing second helpings of vegetables and salads.
- To learn about what you are eating, read labels and try to choose foods that are lower in fat. Look for foods that have 3 grams of fat or less per serving.
- Try to eat foods that are baked, broiled, grilled, steamed, or poached. Limit fried foods and remove chicken or turkey skin.
- Don't eat too much "junk food," such as soda, chips, cookies, and candy.
- Limit fast food meals such as fried burgers and french fries, and make healthier choices.
- It is very important for you to get enough calcium. To meet your calcium needs, eat four low-fat servings from the milk group daily.

Physical Activity Suggestions

Develop healthy habits:

- Limit TV to no more than one hour per day. Do not have a TV in your bedroom.
- Around age 14 or 15 you will reach full physical development and exercise will have a more positive impact on your fitness.
- If you stop playing sports, make sure to continue to be active every day. Go for a walk, hike, ride a bike, or roller blade. Turn on music and dance.



References:

American Heart Association, et al. Dietary Recommendations for Children and Adolescents: A Guide for Practitioners. *Pediatrics* 2006, 117, 544-559.

Cooper, Kenneth. *Fit Kids*. Nashville: Broadman & Holman Publishers, 1999.

Mahan, L. Kathleen, and Escott-Stump, Sylvia. *Krause's Food, Nutrition and Diet Therapy*. Philadelphia: W. B. Saunders, 2004.

Age-Appropriate Serving Sizes

Milk Serving Sizes (4 servings/day)

Cheese	1 oz.
Milk	1 cup (8 oz.)
Yogurt	1 cup



Meat Serving Sizes (5 oz/day)

Beans	1/4 cup (1 oz.)
Beef, poultry, fish (cooked)	1 oz.
Egg whites	2
Eggs	1
Natural peanut butter	1 tbsp.



Grain Serving Sizes (6 servings/day)

Bagel	1/4
Bread	1 slice
Cereal, cold	3/4 cup
Cereal, cooked	1/2 cup
Crackers, graham	3
Crackers, saltine	6
Pasta, cooked	1/3 cup
Rice, cooked	1/3 cup
Tortilla, corn	1



Try to eat whole-grain foods every day
(e.g.- oatmeal, whole wheat bread,
brown rice)

Vegetable Serving Sizes (5 servings/day)

Cooked vegetables	1/2 cup
Raw vegetables	1 cup



Fruit Serving Sizes (3 servings/day)

Fresh fruit	1 small
Canned fruit, no sugar added	1/2 cup



Fat Serving Sizes (3-4 servings/day)

Avocado, small	2 tbsp.
Cream cheese	1 tbsp.
Margarine, soft	1 tsp.
Mayonnaise	1 tsp.
Salad dressing	1 tbsp.
Sour cream	2 tbsp.



Drink water. Don't quench your thirst with soda pop, fruit drinks, or fruit juices.

Depending on your amount of physical activity, you may need more or less than the recommended amounts of food listed in the sample well-balanced diet.

Sample Well-Balanced Diet: Ages 14 to 18 Years (Female)

Breakfast	Morning Snack	Lunch	Afternoon Snack	Dinner	Bedtime Snack
<p>1 slice whole-wheat toast</p> <p>1 cup milk (1 percent or fat free)</p> <p>1/2 banana</p> <p>2 egg whites (hardboiled or scrambled with cooking spray)</p> <p>1 tsp. soft margarine</p>	<p>1 small orange</p> <p>1 cup celery sticks</p> <p>water</p>	<p>1 slice whole-wheat bread</p> <p>1 cup baby carrots</p> <p>1 small apple</p> <p>1 cup milk (1 percent or fat free)</p> <p>2 oz. roasted turkey</p> <p>1 tsp. mayonnaise</p> <p>2 tbsp. avocado</p>	<p>1 slice whole wheat bread</p> <p>2 oz. lean ham</p> <p>1 tsp. mustard</p> <p>water</p>	<p>2/3 cup pasta</p> <p>1 cup cooked spinach</p> <p>1 cup green salad</p> <p>1 cup milk (1 percent or fat free)</p> <p>1/2 cup meat sauce (3 oz. extra-lean ground beef)</p> <p>1 tbsp. salad dressing</p>	<p>1 cup milk (1 percent or fat free)</p> <p>1 slice whole-wheat bread</p> <p>1/2 tbsp. natural peanut butter</p>