

# Teen Nutrition



*Tips for following a healthy teen diet*

1. **Never skip a meal.** Skipping a meal leaves your body running on low energy and pulling from other stores. This generally leads to over-eating at other times of the day or a slowed metabolism.
2. **Stay on schedule.** Eat 3 meals and 2-3 healthy snacks each day.
3. **Choose healthy snacks.** Snacks should be foods that contribute good nutrients to the body. For example: nuts, string cheese, fruit, veggies and dip, hummus, whole grain crackers like Triscuits and Wheat Thins, yogurt, kefir, smoothies, and popcorn.
4. **Drink plenty of water.** Flavored water and sparkling water are fine as well. Sodas, juice, sweet tea, coffee, and other sugary beverages do not add anything healthy to your day and should be avoided.
5. **Balance your meals.** A meal is not complete until you've eaten from every food group.
6. **Healthy fats are good for you!** Don't be afraid to eat healthy fats, such as olives, olive oil, nuts, peanut butter, canola oil and avocado. Healthy fat produces hormones that are absolutely essential for normal growth and development.
7. **Don't obsess about weight and dieting.** If you are following a healthy diet, getting enough sleep (8-10 hours a night), getting enough exercise (30-60 minutes per day), and you regularly stop eating when you are 80% full (don't stuff yourself), your body will settle out at a naturally healthy weight. It doesn't matter what your friends weigh. What matters is what is healthy for you!

