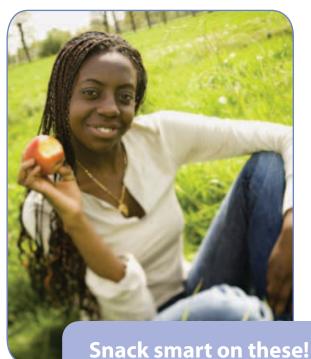
Charge Up! Healthy Meals and Snacks for TEENS

Take Charge of Your Health



- Fresh apples, berries, or grapes

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 iuice 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/ public/heart/obesity/wecan

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 wholegrain bread and an apple.
- Snack smart by packing your own high-power nibbles for school or time with friends.









