



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, go to the OWH Web site www.girlshealth.gov.

A healthy teen girl is...



"Someone who is physically and mentally fit. For me, it means rowing and playing soccer, eating fruits and vegetables, and having good friends to talk to."

Kathleen, age 14



"Someone who exercises and is really well balanced."

Yolanda, age 14



"Someone who is secure, confident, and balanced with school and other activities. She feels good about herself."

Emily, age 15



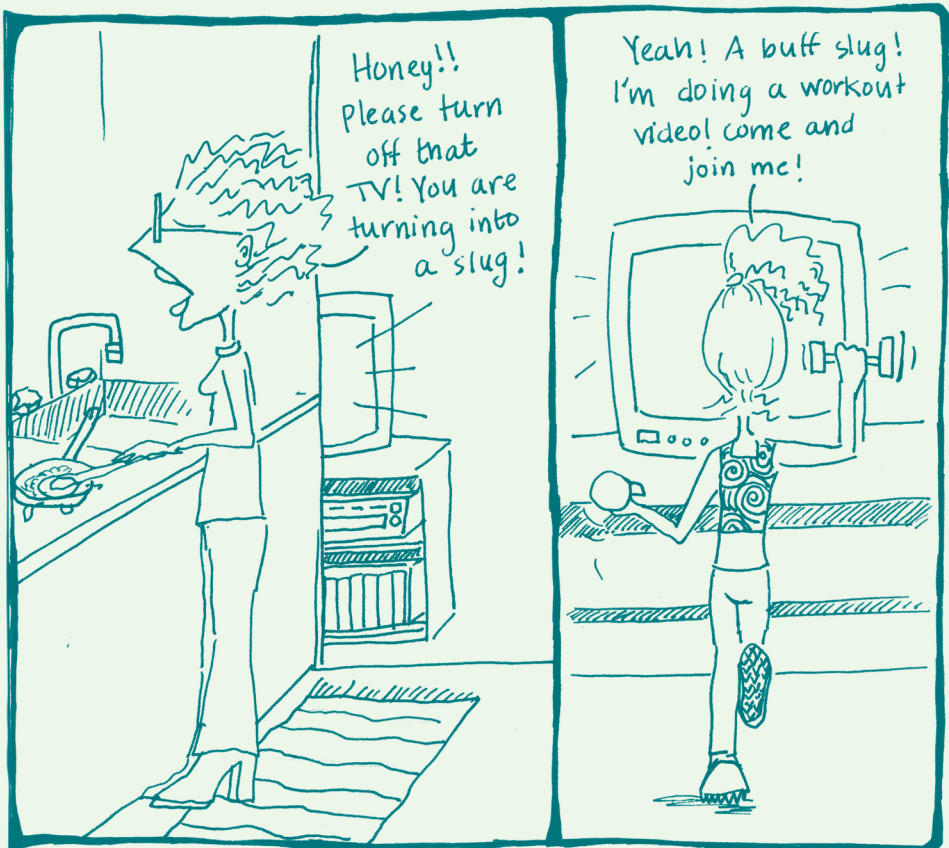
"Someone who can control her own life and make choices on her own."

Shonali, age 14

Thinking About...

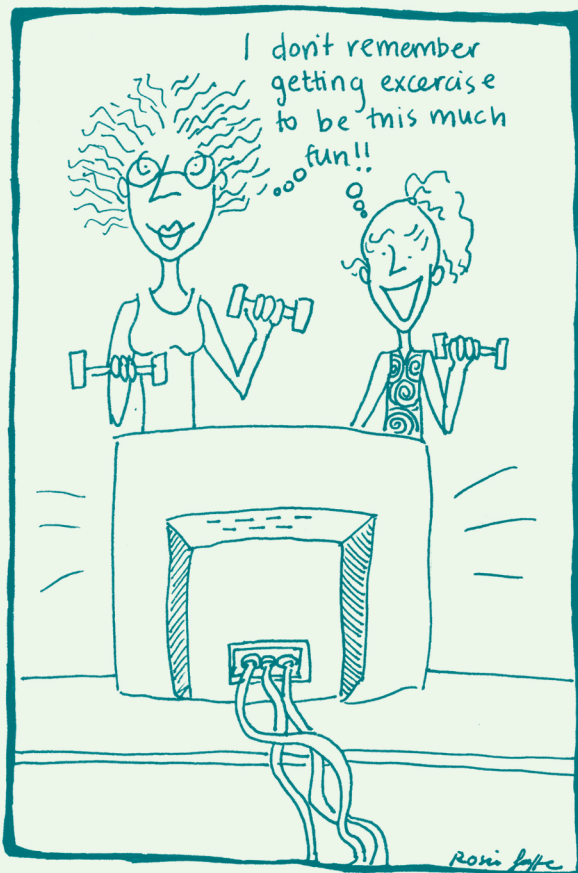
Healthy eating and exercise

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?



1

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



Food Quiz

On a typical day, do you eat or drink...

1 Fruit (fresh, frozen, or canned)?

Never Sometimes Usually Always

2 Vegetables (fresh, frozen, or canned)?

Never Sometimes Usually Always

3 Milk and milk products (examples: low-fat or fat-free milk, yogurt, or cheese)?

Never Sometimes Usually Always

4 Whole grain foods (examples: oatmeal, brown rice, popcorn, and whole grain breads, pastas, or crackers)?

Never Sometimes Usually Always

5 Lean meats, poultry, fish, tofu, beans, eggs, and nuts?

Never Sometimes Usually Always

6 Candy, cookies, chips, and burgers and fries?

Never Sometimes Usually Always

7 Non-diet soda or pop?

Never Sometimes Usually Always

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.
- ◆ Vegetables.
- ◆ Low-fat or fat-free milk or dairy foods, like low-fat yogurt and cheese.
- ◆ Whole grain foods, like oatmeal, whole-grain breads, and brown rice.
- ◆ Lean meats, poultry, fish, beans and tofu.

Some foods and drinks are treats to have only from time to time. They may have a lot of extra things you don't need, like extra calories, added sugar, salt, *trans* fatty acids, saturated fat, or cholesterol.

Examples include:

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



Daily Eating Plan

Food group	What teen girls need in a day
Fruits	2 cups (4 portions)
Vegetables	2 1/2 cups (5 portions)
Milk or dairy foods low fat or fat free milk, yogurt, or cheese	3 cups <i>Example: 1 cup of milk = 1 1/2 ounces of natural cheese or 2 ounces processed cheese</i>
Whole grains whole wheat, oatmeal, corn, brown rice	3 ounces
Proteins lean meats, chicken, turkey, fish, beans, peas, nuts (peanut butter), seeds	5 1/2 ounces
Fats, salt, sugars	Limit

Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.

What Size is a Portion?

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



Vegetables: 1/2 cup, about the size of a small computer mouse



Cheese (low-fat or fat-free):
1 1/2 ounces, about the size of six dice



Pasta (cooked): 1/2 cup, about the size of a small computer mouse



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







Source: U.S. Department of Agriculture, Food and Nutritional Service.

Power Foods

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

Nutrients	Benefits	Some Food Sources
 Vitamin A	<ul style="list-style-type: none">- Good vision.- Healthy skin and hair.- Helps you grow.	Fortified instant cereals (cereals that have vitamin A added to them) Cantaloupe Dark green leafy vegetables like spinach, collards, kale Carrots, sweet potatoes, pumpkin, winter squash
 Vitamin C	<ul style="list-style-type: none">- Healthy bones, skin, blood cells, gums and teeth.	<ul style="list-style-type: none">- Strawberries, grapefruits, oranges, melons, mangos, tomatoes- Broccoli, red sweet peppers, cauliflower, sweet potatoes
 Vitamin E	<ul style="list-style-type: none">- Protects body cells.	Nuts (almonds, hazelnuts, peanuts) Sunflower seeds and pine nuts Vegetable oils
 Calcium	<ul style="list-style-type: none">- Strong bones and teeth.	Low fat or fat free milk, yogurt, cheese Calcium fortified cereals and juices. soy beverages and tofu Canned sardines, salmon, trout
 Folate <i>(also called folic acid)</i>	<ul style="list-style-type: none">- Helps your body make red blood cells.	Cooked, dry beans Peas Peanuts Oranges, orange juice Dark green leafy vegetables, like spinach Fortified cereals Enriched grain products

Nutrients	Benefits	Some Food Sources
 <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. 	<p>Cooked dry beans</p> <p>Ready to eat 100% bran cereals</p> <p>Sweet potatoes and baked potatoes with skin</p> <p>Pears and apples with skin</p>
 <p>Magnesium</p>	<ul style="list-style-type: none"> - Helps contract and relax muscles. 	<p>Ready to eat 100% bran cereals</p> <p>Spinach</p> <p>Almonds, cashews, and pine nuts</p> <p>Halibut fish, haddock</p>
 <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. 	<p>Lean beef</p> <p>Lamb</p> <p>Clams, oysters, shrimp, and canned sardines</p> <p>Spinach</p> <p>Cooked dry beans (white, navy, and kidney), lentils, roasted pumpkin and squash seeds</p> <p>Iron fortified cereals</p>
 <p>Potassium</p>	<ul style="list-style-type: none"> - Helps muscles work. - Reduces risk of high blood pressure and stroke. 	<p>Baked white or sweet potatoes</p> <p>Tomato products</p> <p>Squash (pumpkin, butternut, and acorn)</p> <p>Bananas and plantains</p> <p>Dried peaches, prunes, and apricots</p> <p>Oranges and orange juice</p> <p>Cantalope and honeydew</p> <p>Low fat or fat free yogurt</p>

Test Your Nutrition Smarts

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

Word bank: Bread, Cheese, Milk, Tofu, Pudding, Salmon, Yogurt, Orange Juice (with added calcium)

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.

— Answers provided by Jessica Donze-Black, R.D., M.P.H.

A Generally, food is not what causes acne or bad skin. However, it is 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.

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 you to take a break.



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

A It is 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'll need to drink more. If you eat a lot of fruits and vegetables (water-rich foods) you'll need less.

Q *Is it true that you should not 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 growing and changing. Before age 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.

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, milk, grains, meat and beans) in the right amounts.
- ◆ Be physically active for about an hour on most days.



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 a few foods.	◆ You need a balance of different food groups to make sure you get all the nutrients you need.
◆ Don't 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.

Why Physical Activity?





2

Swimming, dancing, skating, playing soccer, or 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...

- ◆ 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.



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 physical activities most days of the week. If you're not very active right now, start slowly and work your way up to being active every day.
- 3 Try to do physical activity for one hour (60 minutes) on most days. If you're not physically active for 60 minutes straight, it's okay to do physical activity for 10 or 20 minutes at a time throughout the day.

Work It

Physical activity ideas

There are three different levels of physical activity. All activities are good for your health. Vigorous activity is best for getting and staying fit.

Activity	What is it?
Light <ul style="list-style-type: none"> ◆ Not sweating ◆ Not breathing hard 	Slow walking or dancing, yoga, ping pong, bowling
Moderate <ul style="list-style-type: none"> ◆ Breaking a sweat ◆ Can talk, but can't sing 	Dancing, swimming, walking fast, biking, mowing the lawn
Vigorous <ul style="list-style-type: none"> ◆ Sweating ◆ Breathing hard ◆ Can't talk or sing 	Jogging, high-impact aerobic dancing, biking uphill, swimming laps

Also try fitting in...

Type	What is it?	Why do it?
Resistance exercise (2 or more days each week)	Weight-training using weight machines and resistance bands	<ul style="list-style-type: none"> ◆ Increases strength ◆ Builds muscles
Weight-bearing exercise	Walking, running, hiking, dancing, gymnastics, soccer, and other activities that work bones and muscles against gravity	<ul style="list-style-type: none"> ◆ Makes bones stronger

Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.



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 nagingcd _____

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.**

- 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 What is your goal?

2 Why did you choose this goal?

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?

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 31st.

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.

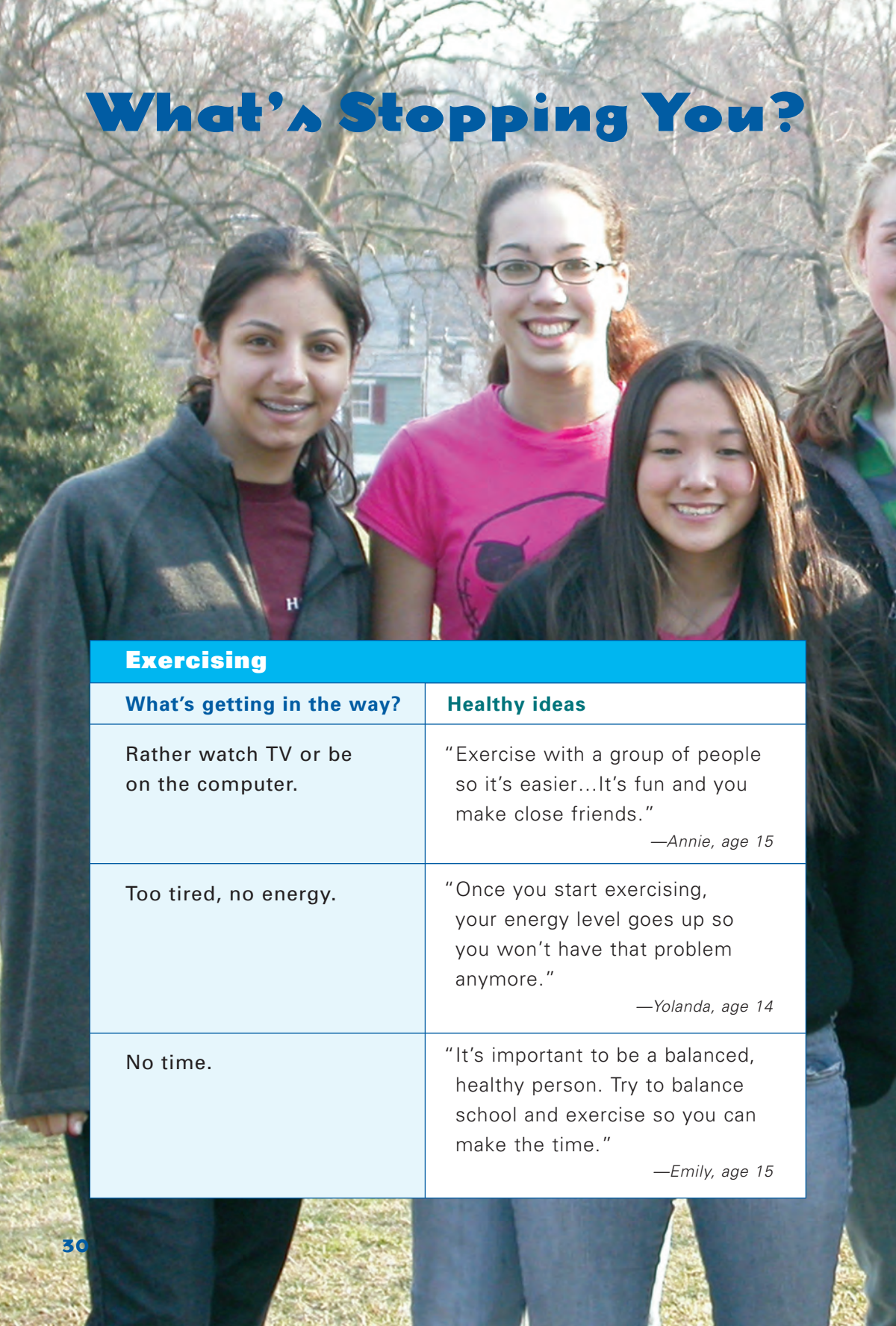
Here are some hints:

- ◆ 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.



October 2008	5 Sunday	Monday	Tuesday
Breakfast	2 hardboiled eggs, 1 piece of toast, 1 glass of orange juice		
	mood	mood	mood
	tired		
Lunch	Chicken breast sandwich on wheat bread, carrot sticks, low-fat yogurt, 1 glass water		
	mood	mood	mood
	energetic		
Dinner	Spaghetti and meat balls, 2 pieces of garlic bread, vegetable salad, 1 glass low-fat milk, 1 slice apple pie		
	mood	mood	mood
	calm		
Snacks	1 apple, 5 chocolate chip cookies		
	mood	mood	mood
	stressed & moody		
Exercise (type & amount of time)	30 minutes walking and 30 minutes basketball		

What's Stopping You?



Exercising

What's getting in the way?

Rather watch TV or be on the computer.

Too tired, no energy.

No time.

Healthy ideas

"Exercise with a group of people so it's easier...It's fun and you make close friends."

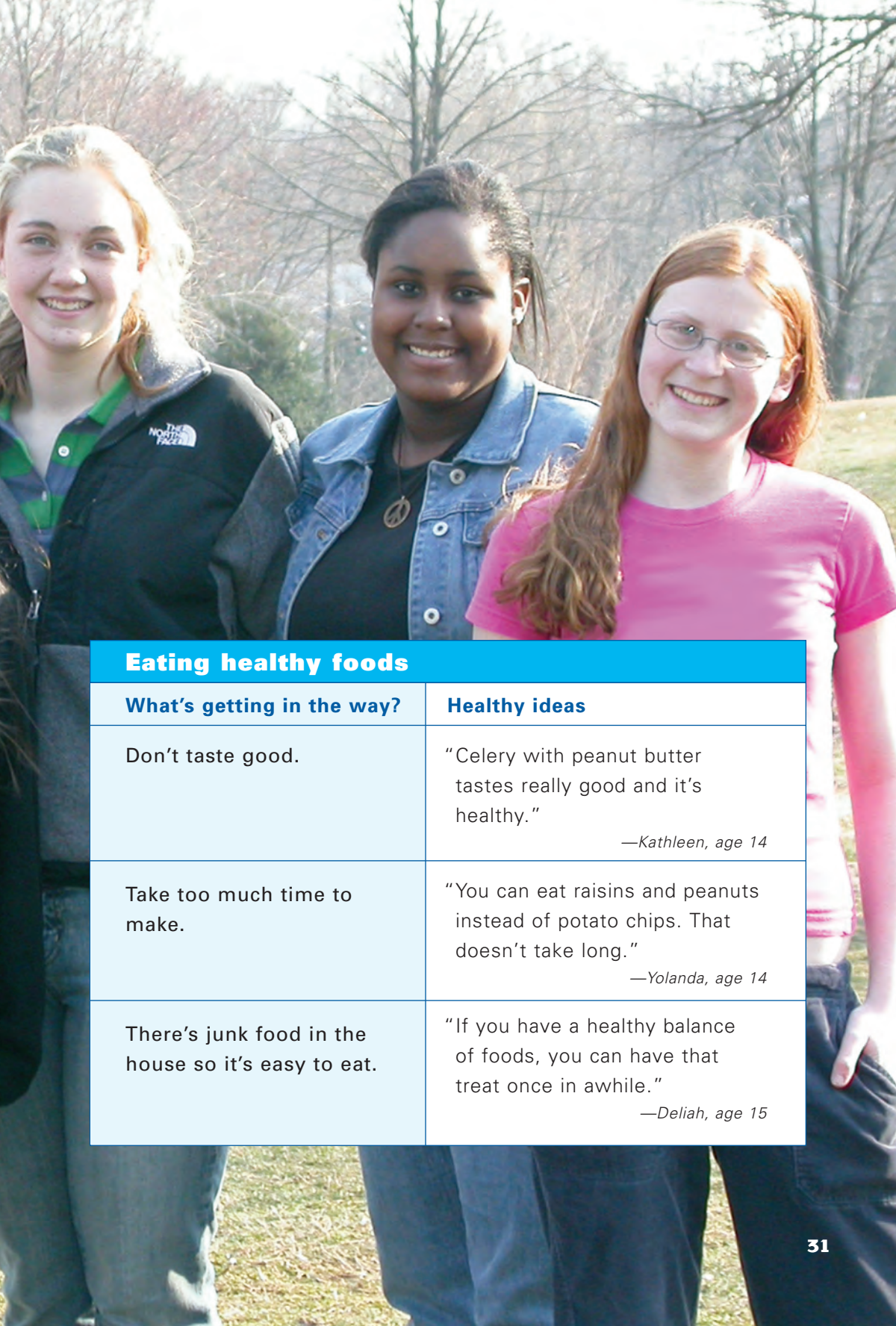
—Annie, age 15

"Once you start exercising, your energy level goes up so you won't have that problem anymore."

—Yolanda, age 14

"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?

Don't taste good.

Take too much time to make.

There's junk food in the house so it's easy to eat.

Healthy ideas

"Celery with peanut butter tastes really good and it's healthy."

—Kathleen, age 14

"You can eat raisins and peanuts instead of potato chips. That doesn't take long."

—Yolanda, age 14

"If you have a healthy balance of foods, you can have that treat once in awhile."

—Deliah, age 15

Take Action







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

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 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

Think About 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. Try salad combined with grated carrots and raisins or dried cranberries. Salad with corn, avocado pieces, and mandarin oranges. Salad, tomatoes, cucumbers, and pieces of grilled chicken. 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
- ◆ Pretzels (lightly salted or unsalted)
- ◆ 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.

Q *Why do you think families should eat together?*

A 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 went on in our day, and anything that may be going on in our lives.

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

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

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

A 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.

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

A 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 and fish).
- ◆ Choose grilled chicken.
- ◆ 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.



Pick the lower-fat choice

1 Grilled chicken sandwich *or* Fried fish fillet sandwich

2 Bacon cheeseburger sandwich *or* Lean roast beef sandwich

3 Turkey sub with mustard *or* Tuna salad sub

4 French fries *or* 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.



A Healthy Mind = A Healthy Body

Feeling good about your body is just as important as eating healthy and 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.kidshealth.org/teen/your_mind
- ◆ www.nationaleatingdisorders.org
- ◆ www.girlshealth.gov



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.
- ◆ Stomach aches.
- ◆ Sleeping problems.
- ◆ Laughing or crying for no reason.
- ◆ Blaming others.
- ◆ Negative attitude.
- ◆ Not enjoying your usual activity.
- ◆ Feeling overwhelmed.

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





Stress busters

- ◆ Be physically active.
- ◆ Eat healthy foods regularly (including healthy snacks).
- ◆ Get enough sleep.
- ◆ Limit caffeine (soda often has caffeine).
- ◆ Take a break (example: listen to music, 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 29 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 The person 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 psychiatrist to get an evaluation and to establish a treatment plan.

Q *What are some ways to prevent emotional eating?*

A Learn other, 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.

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Look Around You





TV, Internet, 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 air brushed 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.
- ◆ Presenting 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 father and son eating together.
- ◆ Playing music and sound effects that are enticing.
- ◆ Using cartoon characters to get your attention.

* Adapted from "Common Advertising Strategies, Center for Media Literacy" and "Jump Start Teens," California Project Lean.

Source: Henry J. Kaiser Family Foundation. "The Role of Media in Childhood Obesity." February 2004.



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 dish washing liquid can keep a cup of hot cocoa looking hot and bubbly.

Adapted from Consumer Reports for Kids, Food Ad Tricks. Copyright © Consumers Union of U.S., Inc., 2000.



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

Adapted from Nutrition and Physical Activity: The 100 Way, DHHS U.S. Department of Agriculture Food and Nutrition Service and Centers for Disease Control and Prevention, and 100 Black Men of America, Inc.

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

Oklahoma kids say "more P.E. Class"

leaders about setting up a P.E. program that includes walking 25 miles each week and doing sit ups.

You Can Make a Difference

At home

Ask your parent or caregiver about...

- ◆ Adding healthy snack and bag lunch foods to the shopping list. Examples: fruit, veggies, low-fat or fat-free milk and yogurt, and sandwich fixings (whole-wheat bread, turkey, and chicken breast).
- ◆ 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 local 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.

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.
- ◆ Talking to local newspapers, 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**.

Health web sites for teen girls

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

- ◆ www.mypyramid.gov
- ◆ www.girlshealth.gov
- ◆ www.verbnw.com
- ◆ www.presidentschallenge.org/home_teens.aspx
- ◆ www.bam.gov
- ◆ www.healthfinder.gov
- ◆ www.nichd.nih.gov/milk/
- ◆ www.cdc.gov/powerfulbone
- ◆ www.kidshealth.org
- ◆ www.kidnetic.com
- ◆ www.canfit.org
- ◆ www.californiaprojectlean.org
- ◆ www.cfsan.fda.gov/~dms/lab-gen.html
- ◆ www.nutrition.gov
- ◆ www.healthierus.gov/dietaryguidelines



i am not done yet

as possible as yeast
as imminent as bread
a collection of safe habits
a collection of cares
less certain than i seem
more certain than i was
a changed changer
i continue to continue
where i have been
most of my lives is
where i'm going

Grateful acknowledgement is made to BOA Editions Ltd., www.boaeditions.org, for permission to report the poem *i am not done yet* from *Good Woman: Poems and a Memoir 1969 1980*, Copyright ©1987 by Lucille Clifton.

*You are the
Rhythm of the Universe*



connect mind~body~spirit

© www.girlshealth.gov

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BODWORKS

A Toolkit for Healthy Teens & Strong Families



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