

## Teen Tips

### Healthy

- Review your growth charts and blood pressure with your healthcare provider.
- Be a good role model and make healthy eating and activity together a goal for all family members.
- Hang out with friends who make healthy life choices.
- It is a time of rapid physical growth and increased appetite.
- Give your growing body the sleep it needs.

### Eating

- Select healthy foods for meals and snacks.
- Eat 5 or more servings of fruits and vegetables per day.
- Eat 3 or more servings of whole grain foods per day.
- Portion size and control are very important; also remember to eat slowly.
- Avoid fried foods and high-calorie, non-nutrient foods (e.g., doughnuts, French fries, chips, cakes and candy).
- Avoid fruit drinks and sodas! Drink water instead.
- Always start the day with a healthy balanced breakfast.
- Limit fast food meals and offer healthy traditional foods enjoyed in your culture (e.g., beans, corn, tortillas, fruits and vegetables).

### Activity

- Plan for at least 60 minutes daily of intermittent, moderate to vigorous physical activity such as dancing, running or hiking.
- No TV during meals.
- Limit TV, video and computer time to less than 2 hours a day.
- No TV or computer in your bedroom.

### Together

- Spend time with family during meals and in physical activities.
- Be responsible for whether and how much you eat and for adapting your food intake to match your daily level of physical activity.
- Don't let TV advertisements influence your food selection.
- Ask for healthy food choices and beverages to be sold or served at your school.
- Be a role model of healthy eating and activity for peers and others.

*Always ask your Primary Care Provider whenever you have any concerns/questions regarding your health!*

