

A Teen's Guide to Being Healthy

All you need to know to be your healthiest self!

Eat Fruits or Vegetables at Every Meal



- Get to know your fruits & veggies, the more familiar they are, the more likely you are to eat them¹
- Fruits & veggies provide vitamins and minerals your body needs to feel full, and provide all day energy¹

Get Involved in the Kitchen



- Help your parents prepare meals by cutting veggies or creating new recipes
- Try not to get fast food or takeout too often. If you need to, try to pick a healthier option⁴

Get Outside



- Guidelines recommend 60 min./day for overall health benefits (decreases risk of obesity and disease)²
- Go for a walk, play tennis, head to the park... just make sure to be active each day!²

Do Not Skip Meals



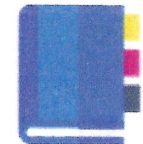
- Breakfast, lunch and dinner are all important meals⁴
- Skipping meals can lead to overeating or poor food decision making at your next meal⁴

Drink Plenty of Water



- A teenager needs at least 10 cups of water throughout the day³
- Water helps the body function properly, prevents dehydration and can help prevent weight gain³
- Avoid sugary drinks like juices and sodas⁵

Additional Resources



Nutrition tips:

- <https://www.choosemyplate.gov/teens>
- <https://www.cdc.gov/bam/index.html>
- <https://www.girlshealth.gov/nutrition/index.html>

Physical Activity/Health tips:

- <https://www.fueluptoplay60.com/>
- <https://teenshealth.org/en/teens/food-fitness/>

1. Bontrager Yoder AB, Schoeller DA. Fruits and vegetables displace, but do not decrease, total energy in school lunches. *Childhood Obesity*. 2014;10(4):357-364. <https://www.liebertpub.com/doi/abs/10.1089/chi.2014.0017>. doi: 10.1089/chi.2014.0017.
2. Oreskovic NM, Perrin JM, Robinson AI, et al. Adolescents' use of the built environment for physical activity. *BMC public health*. 2015;15(1):251. <https://www.ncbi.nlm.nih.gov/pubmed/25880654>. doi: 10.1186/s12889-015-1596-6.
3. Schwartz AE, Leardo M, Aneja S, Elbel B. Effect of a school-based water intervention on child body mass index and obesity. *JAMA Pediatrics*. 2016;170(3):220-226. <http://dx.doi.org/10.1001/jamapediatrics.2015.3778>. doi: 10.1001/jamapediatrics.2015.3778.
4. Brown CL, Halvorson EE, Cohen GM, Lazorick S, Skelton JA. Addressing childhood obesity: Opportunities for prevention. *Pediatric clinics of North America*. 2015;62(5):1241. <https://www.ncbi.nlm.nih.gov/pubmed/26318950>. doi: 10.1016/j.pcl.2015.05.013.