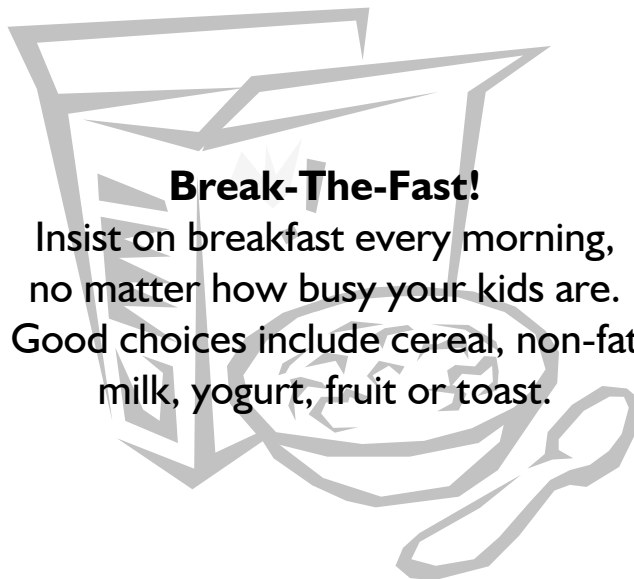


## HEALTHY EATING FOR YOUR ADOLESCENT

### Smart Choices

- Check with your child's school to make sure healthy choices are provided for snacks and lunch. If not, pack your own nutritious snacks and lunches for your adolescent.
- Provide a variety of healthy foods for snack time.
- When you must eat out, think of "fast-food fuel." Choose from the healthier side of the menu, such as pizza topped with vegetables, salads or grilled chicken selections.
- Only serve soda during special occasions, and choose varieties without sugar or caffeine.



### Healthy Activities

- Being a parent doesn't mean you have to stop participating in the activities you love! Set a good example and stay active!
- Be physically active 60 minutes a day.
- Select television programs that build interest in other activities.

### Planning For Success

- Encourage a healthy body image and accept your children for who they are.
- If you're trying to help your child lose weight, focus less on dieting and more on educating yourself on preparing delicious healthy meals.