

## Healthy Eating for Your Adolescent (13-18 Year Olds)

### SMART CHOICES

- Offer each food group for every meal and select healthy choices from each food group. The 5 food groups are: vegetable, fruit, dairy, protein and grain. One way to make sure your adolescent is eating these food groups is to have family meals together.
- By this time, your adolescent has entered a growth spurt of puberty which means a rise in their appetite. Boys require an average of 2,800 calories per day. Girls require an average of 2,200 calories per day.
- Provide a variety of healthy foods for snack time.
- When you 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.
- Break-The-Fast! Insist on breakfast every morning, no matter how busy your kids are. Healthy choices include cereal, non-fat milk, yogurt, fruit or toast.

### 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.
- Adolescents should be physically active 60 minutes every day. Whether it be all at once or broken up throughout the day.
- Set limits on the time, places and the types of media your adolescent uses. Make sure it does not take time away from their sleep, physical activity, school work and other healthy behaviors.

### PLANNING FOR SUCCESS

- Encourage a healthy body image and accept your children for who they are.
- Focus less on weight and more on educating yourself and your adolescent on preparing delicious healthy meals and living a healthy lifestyle.