



A Teenager's Guide to Living a Healthier Lifestyle



Allina Health

You Can Live A Healthier Lifestyle!



You can be successful in living a healthier lifestyle. The key is to make smart food choices and get regular physical activity.

First step: What are you eating?

Are you in too much of a hurry to eat regular meals and snacks? This can lead to eating fast foods or convenience foods. These kinds of foods often don't have fruits, vegetables or whole grains but they do add fat and calories to your meals.

It's important to have balanced meals from the basic food groups: grains, fruits, vegetables, protein and dairy.

Second step: Are you getting enough physical activity?

Physical activity is also important and has many benefits. It can reduce the risk for getting certain diseases (such as diabetes) and help maintain normal growth and development, including a healthy weight.

You can do it! Making changes in your lifestyle can take time and effort. Don't get discouraged. Stick with it! Try making just one change at a time. Focus on making choices for better health. You will soon start to see positive changes in yourself!

Making Smart Food Choices

Eating healthier means eating smarter. You can still eat foods you love, but eat less of them less often.

Here are some tips to eat healthier.

- Drink more water and fat-free or low-fat milk.
- Eat more fruits and vegetables. Did you know that half of everything you have to eat in a day should be fruits and vegetables?
- Eat family meals together.
(Turn off cellphones and the TV!)
- Eat whole grain breads, cereals and pastas more often.
- Eat the right portion sizes.
- Use oils that come from plants, such as avocado, canola, corn, olive, safflower, soybean or sunflower.
- Choose these foods and beverages **less** often:
 - soft drinks and sweetened beverages
 - sweets, treats and snack foods (such as chips, cookies and ice cream).
 - fast foods, fried foods and commercially prepared snacks.
- Take more time to eat. Eating slowly discourages overeating.

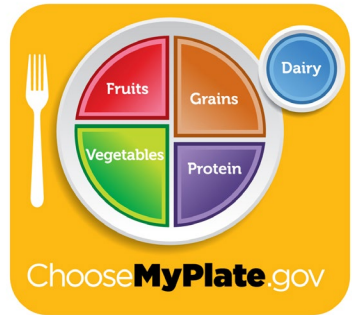
You don't need to change what you eat overnight. Take small, new steps each week. Over time, your new focus on healthful eating will become healthy habits.

What should you put on your plate?

Good nutrition is essential for a healthy body.

Eating well-balanced meals will help you feel your best. In general:

- Make half of your plate vegetables and fruits.
- Drink low-fat or fat-free milk.
- Make half of your grains whole.
- Eat lean proteins.



Food Plan

To create a food plan for yourself, follow these steps:

- Go to choosemyplate.gov/MyPlatePlan.
- Select “Start” to get started.

The MyPlate Plan shows your food group targets – what and how much to eat within your calorie allowance.

Your food plan is personalized, based on your age, sex, height, weight, and physical activity level.

Eat your fruits and vegetables

Fruits and vegetables can help keep your heart healthy and can lower your risk of getting cancer. They also help you feel “full” longer.



Enjoy any fruit or vegetable and any 100 percent fruit or vegetable juice.

Vegetables may be raw, cooked, fresh, frozen, canned or dried. Fruits may be fresh, frozen, canned or dried.

Each day, you should try to have:

- 2 servings* of fruit
- 2 ½ servings* of vegetables.

One serving of fruit is equal to:

- ½ cup fresh, frozen or canned fruit or 100 percent juice
- ¼ cup of dried fruit
- 1 medium fruit (2 ½ to 3 ½-inch diameter or 7 to 7 ½-inch banana).

One serving of vegetables is equal to 1 cup raw or ½ cup cooked vegetables.

Tips for eating fruits and vegetables

- Eat fruits and vegetables as snacks.
- Make a fruit smoothie.
- Add chopped vegetables to pizza.
- Eat raw vegetables with 1 tablespoon salad dressing of your choice.
- Add cut-up bananas or peaches to cereal.
- Spread peanut butter on apple slices.
- Keep a package of dried fruit handy for snacks.



Tip

If you drink juice, try to limit the amount you have each day to $\frac{1}{2}$ cup. Your best choice is to eat whole fruit, such as an apple or orange.

Calcium matters

Calcium helps your bones grow strong and build strong muscles. This could help reduce your risk of osteoporosis (weak, brittle bones) later in life.

Examples of foods with calcium are milk, cheese and yogurt.

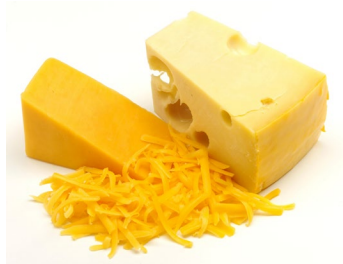


Most milk group choices should be low-fat or fat-free. Many cheese, whole milk and products made from them are high in saturated fat. Limit the amount of these foods you eat.

Each day, you should try to have 3 servings of dairy.*

One serving is equal to:

- 1 cup of low-fat or fat-free milk or yogurt
- 1 ½ ounces of natural cheese
- 2 ounces of processed cheese
- ½ cup ricotta cheese
- 1 ½ cups cottage cheese
- 2 cups ice cream.



Tips for making smart choices

Include milk at meals. Choose low-fat or fat-free milk.

- If you usually drink whole milk, switch to reduced fat (2 percent), then low-fat (1 percent) and then fat-free (skim).
- If you have coffee drinks with milk, ask for fat-free milk.
- Have fat-free or low-fat yogurt as a snack.
- Make fruit-yogurt smoothies in a blender.
- Eat cut-up fruit with flavored yogurt for a dessert.
- Top a baked potato with fat-free or low-fat yogurt.

Tip

If you're allergic to cow's milk, you can try calcium-enriched "milk" made from soy, rice or almonds.

Choose whole grains

Whole grains give you energy and build strong bones. They also help you feel “full” longer.

Try to make half your grain whole grains. Examples are whole-wheat bread, oatmeal and brown rice.

You should try to have 6 servings of whole grains each day.*

One serving is equal to:

- one slice of bread
- 1 cup of ready-to-eat cereal (such as raisin bran)
- ½ cup cooked rice, pasta or cereal
- five whole-wheat crackers
- one-half of an English muffin
- one pancake (4 ½ inches in diameter)
- one tortilla (six inches in diameter).



Tips for eating whole grains



- Try whole-wheat bread, whole-wheat pasta or brown rice instead of white bread, white pasta or white rice.
- Add whole-grain flour or oatmeal when making cookies.
- Try a 100 percent whole-grain snack.

Eat protein to keep your body healthy

Protein will help keep your bones, muscles, skin and blood healthy.

All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds are included in the protein group.

Each day, you should try to have 5 ½ servings of protein.*

One serving is equal to:

- 1 ounce of meat, poultry or fish
- ½ cup cooked dry beans
- one egg
- 2 tablespoons of peanut butter.



Tips for making smart choices

- Choose lean cuts of meat, including:
 - beef: round steaks and roasts, top loin, top sirloin, chuck shoulder, arm roasts, extra lean ground beef (90 to 95 percent lean)
 - pork: pork loin, tenderloin, center loin, ham
 - poultry: boneless, skinless chicken breasts and turkey cutlets.
- Choose lean turkey, roast beef, ham or low-fat luncheon (deli) meats for sandwiches.
- Choose fish high in omega-3: salmon, mackerel, lake trout, herring, sardines and albacore tuna.

*This recommended amount is based on 2,000 calories each day.

Hungry for Breakfast

Breakfast gives your body the refueling it needs for the day ahead.

Eating breakfast will help you:

- concentrate better
- have better problem-solving skills
- have better hand-eye coordination
- stay alert
- be more creative
- be more physically active.

No time for breakfast? Not hungry?

Here are some ways to help you eat breakfast in the morning.

- Pack breakfast or a snack to eat on way to school.
- Plan three easy quick breakfasts ahead of time.
- Eat school breakfast.
- Eat leftovers from last night's dinner.

Choose breakfast foods that are rich in whole grains, fiber, and protein while low in added sugar. Here are some ideas:

- yogurt and berries (add some granola for crunch)
- oatmeal with raw nuts and dried fruit
- eggs
- whole-wheat toast with peanut butter and banana.



Quench Your Thirst!

Every part of your body needs water. In fact, water makes up 60 percent of body weight.

Dehydration happens when there is not enough water in your body.

Drink plenty of water. Mild dehydration can cause headaches, nausea (upset stomach) and fatigue (tiredness). You may need more water in hot temperatures or if you sweat a lot. If you're getting enough water you'll rarely feel thirsty.

Try to drink at least six to eight 8-ounce cups of water each day.

Drinking more water is one of the simplest things you can do to be healthier.

Tips for drinking plenty of water

- Fill a reusable water bottle and take it with you when you go places.
- Drink water and milk with every meal.
- Drink a glass of water when you wake up in the morning.
- Keep cold water in a pitcher in the fridge.
- Not excited about plain water? Try adding slices of lemon, orange or other sliced fruit to boost the flavor!



Understanding Fats

Fat is an important nutrient, but you only need small amounts each day. It gives you energy and helps your body grow. Fat is also needed to absorb important vitamins.

These are the types of fat found in food.

- **Saturated fats** are found in animal products such as butter, cheese, whole milk, ice cream and fatty meats. They are also found in some vegetable products (coconut, palm and palm kernel oil).
- **Unsaturated fats** come from both animal and plant products. There are two types:
 - **Monounsaturated fats** usually come from seeds or nuts such as avocado, olive, peanut and canola oils.
 - **Polyunsaturated fats** usually come from vegetable products such as corn, safflower, sunflower, soybean and sesame seed oils.
 - **Omega-3 fatty acids** are polyunsaturated fats. They include ground flaxseed, flaxseed oil, soybean oil, canola oil, walnuts and fatty fish (such as salmon, mackerel, herring and trout).
- **Trans fats** are made when vegetable oils are processed (or hydrogenated) into shortening and stick margarine. Sources of trans fats include snack foods, baked goods and fried foods made with “partially hydrogenated vegetable oil” or “vegetable shortening.”

Limit the amount of saturated fat and trans fat you have each day. This will help reduce your risk of heart disease. Whenever possible, replace saturated fats with monounsaturated and polyunsaturated fats.

How to lower fat in your foods

- Use herbs, spices or lemon juice to add flavor, instead of butter or bacon.
- When making a salad or sandwich, watch the calorie and fat content of each ingredient. For example, 3 teaspoons of regular mayonnaise equals 10 grams of fat (about 2 servings from the fat group).
- Choose skim or 1 percent milk and nonfat or low-fat yogurt and cheeses.



Added Sugars

Sugars are found naturally in fruits and milk. Added sugars are sugars and syrups that are added to foods.



Major sources of foods and drinks that have added sugars are:

- regular soft drinks, energy drinks, sports drinks
- candy
- cakes
- cookies
- pies and cobblers
- sweet rolls, pastries, doughnuts
- fruit drinks
- dairy desserts (such as ice cream).

To tell if a food has added sugar, look at the ingredient list on the label for words that include “sugar” or “-ose” at the end of a word. These words include:

- brown sugar, powdered sugar, invert sugar, white granulated sugar, raw sugar, cane sugar
- dextrose, fructose, lactose, sucrose
- corn syrup
- honey
- maple syrup
- molasses
- nectars.

Fast Food Alert

You are busy and on the go with school and activities. This means you might be eating away from home more often.

Over time, the choices you make at fast food restaurants will affect your ability to get the right nutrients in the right amounts for your body to grow and develop in a healthy way.



It's OK to indulge a craving for French fries every now and then, but to stay healthy you can't make it a regular habit.

Moderation is key

Finding a healthful, well-balanced meal in most fast food restaurants can be a challenge, but there are always choices you can make that are better than others.

- Try salads with low-fat dressing, use less dressing or try it without dressing.
- Use mustard instead of mayonnaise on sandwiches or go without mayo/special sauces.
- Always choose the smallest size of whatever you are ordering.
- Choose grilled instead of breaded and fried.
- Choose fruits or vegetable options when available as sides to make it a more healthful meal.

You can also check out the nutrition information to help you make better choices.

Smart Snacking

Enjoy healthful snacks. Snacking can help you stay focused at school and while doing homework. It can also give you a nutrition boost for the day.

Here are some healthful snack ideas:

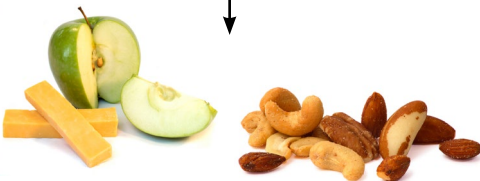
- popped popcorn
- baby carrots and peanut butter
- whole grain crackers and sliced cheese
- mixed berries and plain yogurt
- whole grain cereal and skim or low-fat milk
- raisins or other dried fruit and mixed nuts.

Avoid foods high in sugar or foods that have empty calories (such as soft drinks, juice drinks or fruit juice cocktail). Empty calories will give you calories but not vitamins or minerals.

You can have empty calories but too many can fill you up. Examples include:

- sugars or sweeteners: soft drinks, fruit punch, candy, cakes, cookies, pies and ice cream
- solid fats: cookies cakes, pizza, cheese, sausages, fatty meats, butter and stick margarine.

Try these



Instead of



Energy Drinks

Energy drinks are beverages that claim to increase energy and alertness, improve athletic or mental performance, or provide other health benefits (such as heart or joint health).

They often have much more caffeine per serving than other beverages. This increases the chances of having too much caffeine, which can have dangerous and sometimes lasting harmful effects.

Too much caffeine can cause side effects such as:

- an increase in heart rate
- high blood pressure
- problems sleeping
- anxiety and nervousness.

It's recommended that children and teens do not drink energy drinks.

If you drink a lot of energy drinks and then stop drinking them, you could go through caffeine withdrawal. This can cause side effects such as:

- headache
- fatigue (tiredness)
- decreased alertness
- irritability
- trouble concentrating
- muscle pain or stiffness.

Most energy drinks are also very acidic. This means that drinking these beverages could cause damage to your teeth.

Energy drinks are not safe

It has not been proven that energy drinks are safe. Some ingredients may be harmful to your health.

Energy drinks are considered to be “supplements.” The U.S. Food and Drug Administration (FDA) regulates energy drinks but does not have to approve them before they are put on the market.



Manufacturers are responsible for making sure the products they produce:

- are safe
- have truthful claims on the label.

The FDA can remove a product from the market if they have evidence that the supplement is unsafe or that any claim on the label is false.

Portion Distortion

Average portion sizes of food and beverages in America have really increased over the past 20 years. The portion size of a food or drink is often enough for two or three people. This affects what people think of as a “normal” portion.

A portion is the amount of food that you choose to eat for a meal or snack.

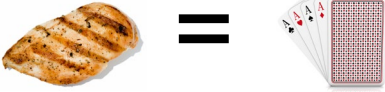
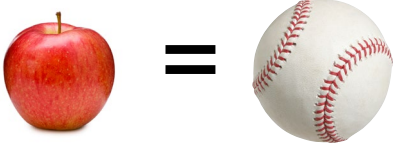
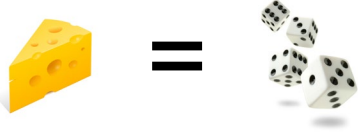
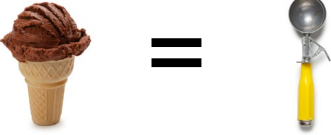
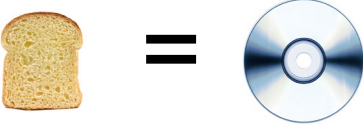
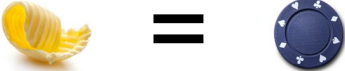
A serving is a measured amount of food or drink, such as one slice of bread or 1 cup (eight ounces) of milk.

Many foods that come as a single portion actually have multiple servings. The Nutrition Facts label on packaged foods — found on the backs of cans, sides of boxes, etc. — tells you the number of servings in the container.

A key part of a healthy lifestyle is eating the right portion sizes. To help keep servings sizes in proportion, use smaller plates.

Use the chart on the next page for right portion sizes.

Food portion sizes

<p>Three ounces of meat is about the size and thickness of a deck of playing cards.</p>	
<p>One medium apple or one cup of cooked vegetables is about the size of a baseball.</p>	
<p>One ounce of cheese is about the size of four stacked dice.</p>	
<p>One-half cup of ice cream or one-half cup of cooked pasta is about the size of an ice cream scoop.</p>	
<p>One slice of bread or one six-inch tortilla is about the size of a DVD.</p>	
<p>One teaspoon of butter is about the size of a poker chip.</p>	

Know Your Food Label

Understanding how to read a nutrition facts label can help you know exactly what's in a food and how to make smart choices.

Parts of a nutrition facts label

Here are the main parts of a nutrition facts label.

- **Serving size:** The serving size lists the amount of food in one serving and the number of servings in one package.
- **Calories:** Calories are a measure of energy released by a food or beverage.
- **Total fat:** Total fat includes all types of fat (saturated, unsaturated, trans). Fat is a major source of energy for the body.
- **Saturated fat:** Saturated fat raises LDL (“bad”) cholesterol. Reduce saturated fats to help protect your heart.
- **Trans fat:** Trans fats may increase LDL (“bad”) cholesterol and decrease HDL (“good”) cholesterol, which increases your risk for heart disease.
- **Cholesterol:** Foods from animals (meat, fish, eggs, cheese, butter) have cholesterol. Your body produces enough cholesterol for important functions such as digesting fats, making hormones and building cell walls.
- **Sodium:** Your body needs sodium to help its organs function well and fluids to be in balance. Sodium (salt) is typically used to add flavor and increase the amount of time foods stay fresh. A healthy amount of sodium to consume each day is 2,300 milligrams (mg) or less.

■ **Total carbohydrate:** Carbohydrates give your body energy.

■ **Fiber:** Fiber is the part of food that cannot be broken down during digestion. Because it moves through your body “undigested,” it plays an important role in keeping your digestive system moving and functioning well.



■ **Total sugars:** This is the total amount of natural sugars such as lactose (sugar in milk) or fructose (sugar in fruit) and added sugars.

■ **Added sugars:** Added sugars are sugars added during the making (processing) of foods. Read more about sugar on page 15.

■ **Protein:** Protein is important for healing, building muscle, strengthening your immune system, helping your body recover from stress and more!

■ **Percent (%) daily value:** Your body needs more of some nutrients (calcium, dietary fiber, potassium) and less of others (total fat, saturated fat, sodium, added sugars) to function at its best. The % daily value will help you know how much of that nutrient your body needs. In general for each nutrient:

— 5% daily value or less is considered low

— 20% daily value or more is considered high.

Next time you shop, take a look at the nutrition facts labels on the foods and beverages you’re putting in your cart. On the next page you’ll find an example of a nutrition facts label.

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g 10%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 37g 13%

Dietary Fiber 4g 14%

Total Sugars 12g

Includes 10g Added Sugars 20%

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source of label: U.S. Food and Drug Administration



Move It! Get Regular Physical Activity

Physical activity

Physical activity has many benefits. In addition to helping build strong bones and muscles, regular physical activity can:

- reduce the risk for heart disease, diabetes, obesity, certain cancers and joint conditions
- reduce levels of anxiety and stress
- increase self-esteem
- help maintain a healthy weight
- help improve concentration
- help maintain good blood pressure and cholesterol levels.

You should get 60 minutes of physical activity each day. You can break up the 60 minutes of physical activity into blocks of 10 minutes.

How to add physical activity to your routine

If your life is already packed with activities, set up a physical activity schedule. It may be easier to go for a walk or bike ride if it's on the calendar.

Here are some ideas to get you started.

- Go for a bike ride, walk or skate (inline or ice) .
- Get involved with community service activities, activity clubs, recreational activities or join outdoors groups.
- Explore different activities — especially during the winter. Try yoga, bowling, cross county skiing, ice skating, rope jumping.
- Have an activity party. Consider a bowling, swimming or skating birthday party.
- Set up a home gym. Use household items (such as canned food) as weights and use stairs in place of a stair machine. Dance, run up and down steps, do crunches, walk, do outside activities (rake leaves, shovel snow) or make up your own games.



Types of physical activity

Physical activity is moving your body. Here are some examples of different physical activities.

Moderate Activities	Vigorous Physical Activities
walking briskly (about 3 ½ miles per hour)	running/jogging (5 miles per hour)
bicycling (5 to 9 miles per hour)	bicycling (more than 10 miles per hour)
swimming (recreational)	swimming (freestyle laps)
playing golf (walking and carrying your clubs)	push-ups or pull-ups
competitive sports such as baseball, softball, volleyball or kickball	competitive sports such as singles tennis, football, basketball, soccer, rugby, hockey or lacrosse
basketball (shooting hoops)	jumping rope, skipping or jumping jacks
yard games such as Frisbee, juggling or badminton	Karate, judo, tae kwon do or jujitsu
light yard work such as raking, bagging leaves or trimming shrubs	heavy yard work such as digging large holes or carrying heavy loads

Power Off!

You live in a world full of electronics and screens. You can find screens everywhere, from the face of a cellphone to the big movie screen. There are television and computer screens and more.

People spend time in front of screens for work as well as play. They are necessary however many people spend far too much time in front of a screen.

Screen time includes time spent:

- watching television
- using the computer or Internet
- texting
- playing hand-held games.

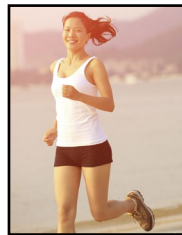
Too much time in front of a screen can hurt your eyes. You should try to look away from screens every 20 minutes so your eyes have a chance to focus on other objects before returning to the screen.

Increased screen time is often associated with decreased activity. A decrease in physical activity can lead to weight gain and other health problems.

Here are some simple things you can do to cut down your screen time:

- Try to remember to turn off the television if nobody's really watching.
- Plan ahead! Look at the shows that are going to be on each day, and choose which ones would be good to watch.
- Turn off the television and games when eating meals.
- Avoid eating while at the computer or watching TV. This will help keep you from eating too much.
- Set a timer to help you remember to get away from the TV or computer or whatever screen you're using, because it's easy to lose track of time when you're in front of a screen.

When you've reached 2 hours, replace your screen time with a healthy activity. If you've had plenty of physical activity already, read a book, make artwork or crafts, or even just have a conversation with other family members.



Resources

Websites

allinahealth.org/family

You can find a variety of information about eating well and physical activity.

changetochill.org

You will find resources to help you stress less and live a more balanced life.

healthpoweredkids.org

You can find a variety of information about making healthful choices about what to eat, how to stay active, staying clean and managing stress.

kidshealth.org/teen

This website provides information about health, behavior, and development for teens.

choosemyplate.gov

You can find a variety of tips and resources, foods to eat more and less of, and nutrition information.

Books

“Teen Cuisine” by Matthew Locricchio, 2010

Cooking Up a Storm: The Teen Survival Cookbook
by Sam Stern and Susan Stern, 2006

“Eat Fresh Food: Awesome Recipes for Teen Chefs”
by Rozanne Gold, 2009

“Fueling the Teen Machine” by Ellen Shanley
and Colleen Thompson, 2011



Notes



Notes



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