
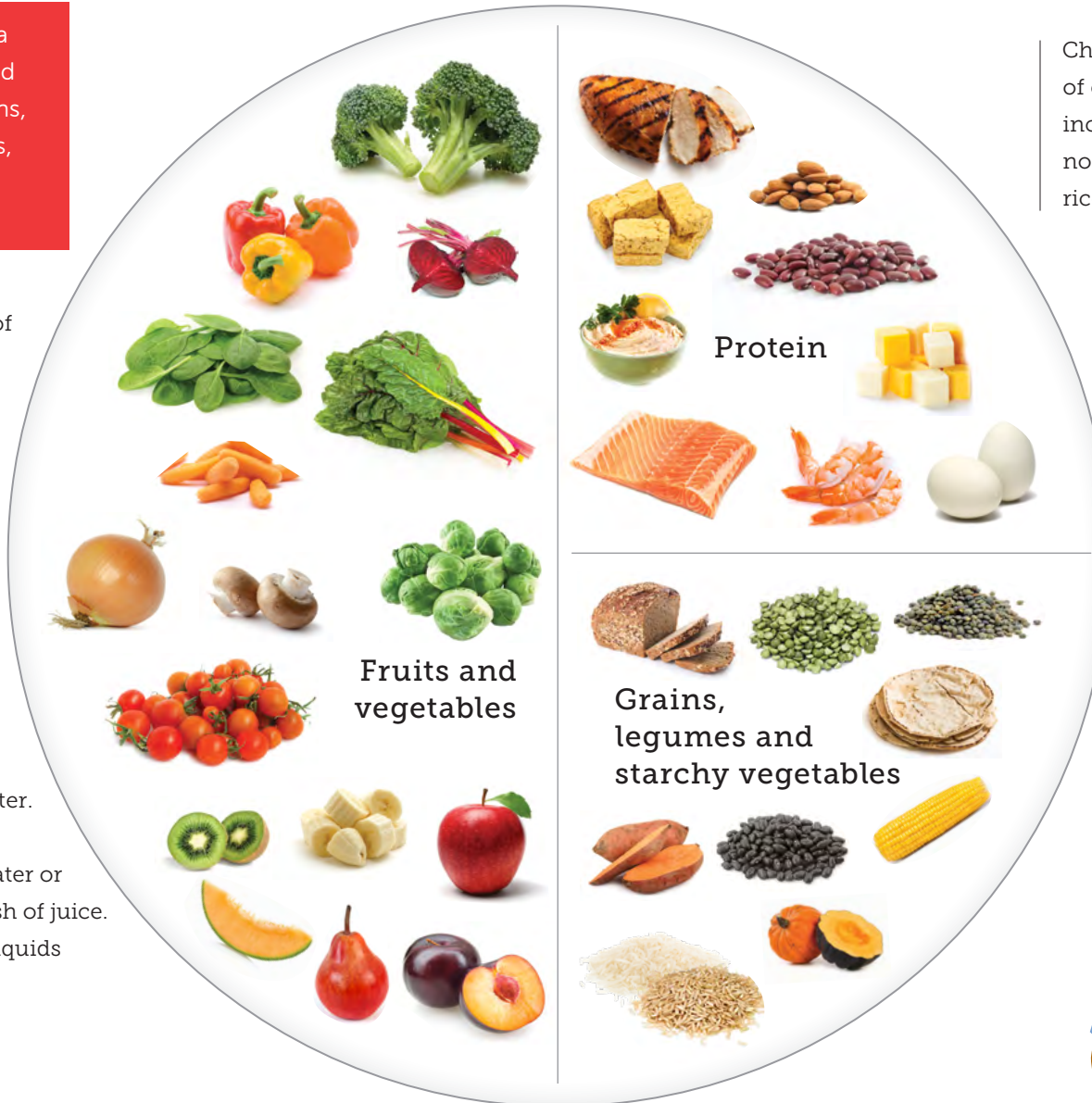


# My Balanced Plate – Teens

Fill half your plate with a variety of vegetables and fruit, such as leafy greens, broccoli, carrots, apples, pears and berries. Limit fruit juice.

Choose small amounts of oils, such as olive oil or canola oil, for cooking or to flavor foods. Nuts, seeds and avocados also contain healthy fats. Limit butter, tropical oils (coconut, palm) and stick margarine.

 Drink mostly water. For variety, try infused water, seltzer water or seltzer water with a splash of juice. Aim for 8-10 glasses of liquids a day to stay hydrated.



Choose 2 to 3 servings of calcium-rich foods, including low-fat milk, yogurt or non-dairy alternatives such as soy, rice or almond milk. A serving is 8 oz.



Fill a quarter of your plate with protein, such as chicken, fish, lean beef, cheese, nuts, beans, lentils and tofu.

Fill a quarter of your plate with grains, starchy vegetables or legumes, such as potatoes, beans or lentils. Make half of your grains whole grains, such as brown rice, whole wheat pasta, quinoa, oats or whole wheat bread.



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## Move your body.

Find ways to be more physically active each day by doing activities that you enjoy. Physical activity helps mood, builds strength and stamina and reduces health risks. Take frequent movement breaks if you need to sit for more than an hour at a time.



## Ideas for Healthy Snacks



**Yogurt** (1 cup yogurt)

+ **fruit** (½ cup blueberries)  
+ **granola** (¼ cup granola)



**Quesadilla**



**Tortilla chips + salsa**  
(or guacamole)



**Cheese and crackers**



**Veggies and dip**  
(hummus)

## Tips for Good Health

**Eat regularly:** Your body needs energy all through the day. Balanced meals or snacks every 3–5 hours works best to keep you feeling energetic and satisfied.

**Get natural light and vitamin D:** Being outside, even in the rain, exposes you to the entire spectrum of natural light. Ask your health care provider if you need to take vitamin D.

**Share your table:** There are many benefits to eating with someone. Teens whose families eat meals together do better in school and are less likely to take dangerous risks.

**Try and try again:** Taste buds change. What you didn't like last year, you may like now. Remember to keep trying different foods to challenge your taste buds.

**Drink plenty of water:** Carry a water bottle and drink 8–10 cups of water daily. For variety, try water with a slice of fruit or veggie in it for flavor, such as lemon or cucumber. Or drink seltzer water or seltzer with a splash of juice.

**Get cooking!** Try different ways of cooking. Healthy ways to cook foods include baking, roasting, grilling, stir-frying, steaming and boiling. Ask your dietitian for a list of recipes.

## Each Food Group Has a Purpose



**Protein:** Important for bones, skin, muscles, hair and nails.



**Grains:** Carbs for energy and brain function. Whole grains provide fiber, vitamins and minerals.



**Fats:** Needed to make hormones and help your body use certain vitamins, such as A, D, E and K.



**Fruits and vegetables:** Give you vitamins, minerals and fiber. Can lower your risk of certain diseases, such as diabetes and heart disease.



**Dairy:** A great source of calcium and vitamin D for strong bones. Low fat and nonfat dairy are good for your heart.



**Fiber:** Helps keep your digestive system moving and your heart healthy.