

HEALTHY EATING TIPS FOR TEENS



Use fruit as a snack

Instead of grabbing a sugary, calorie-laden snack, eat fruits or vegetables.



Don't skip meals

Never go for a long time without food. Eat some fruits or dried fruits to fuel your body.

Drink water

Keep yourself hydrated by drinking water. It will help you avoid having drinks high in sugar.



Avoid energy drinks

Energy drinks have a lot of caffeine and sugar. Try to avoid them as often as possible.



Bake rather than fry

Limit making and consuming fried foods as they have unnecessary fats. Eat baked food for optimal body weight.

Food And You A Guide To Healthy Habits For Teens

Yicheng Fang



Food And You A Guide To Healthy Habits For Teens:

Unveiling the Magic of Words: A Review of "**Food And You A Guide To Healthy Habits For Teens**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Food And You A Guide To Healthy Habits For Teens**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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