

# 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 Teens And Behavior

**Y Pai**



## **Food Teens And Behavior:**

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Food Teens And Behavior** . This downloadable ebook, shrouded in suspense, is available in a PDF format ( Download in PDF: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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