

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

Meryl Loonin



Food And You A Guide To Healthy Habits For Teens:

Food and You Marjolijn Bijlefeld, 2001 Weight and Health Wendy Murphy, 2008-01-01 By some estimates 25 percent of young people in the United States are either overweight or obese a figure that has doubled in the last 30 years In that time the physical activities in our lives have gone down while our caloric intake has gone up The U S Surgeon General has called the incidence of excessive weight which unfortunately extends to all age groups including the elderly a public health crisis By presenting both real life case studies and the most current scientific research this book provides the information young people need to understand the indivisible connection between weight and health Understanding Cholesterol Judy Monroe Peterson, 2010-08-15 Explains the importance of controlling cholesterol in maintaining a healthy body and provides nutrition and exercise tips for lowering levels of bad cholesterol in the body **Literature-Based Teaching in the Content Areas** Carole Cox, 2011-01-12 Forty classroom tested classroom ready literature based strategies for teaching in the K 8 content areas Grounded in theory and best practices research this practical text provides teachers with 40 strategies for using fiction and non fiction trade books to teach in five key content areas language arts and reading social studies mathematics science and the arts Each strategy provides everything a teacher needs to get started a classroom example that models the strategy a research based rationale relevant content standards suggested books reader response questions and prompts assessment ideas examples of how to adapt the strategy for different grade levels K 2 3 5 and 6 8 and ideas for differentiating instruction for English language learners and struggling students Throughout the book student work samples and classroom vignettes bring the content to life Know the Facts About Diet Joanna Anderson, 2009-08-15 Addresses the decisions teens face every day with regard to their diet and includes facts that will help teens make wise choices to live a safe and healthy lifestyle **Encyclopedia of Diet Fads** Marjolijn Bijlefeld, Sharon K. Zoumbaris, 2014-11-25 This updated encyclopedia examines the basics of nutrition and dieting presenting the important people concepts and criticisms involved and examining the pros and cons of different plans This A to Z reference describes many of the health fads and fashions of the past as well as current trends in weight loss to help people understand the principles of weight loss and the benefits of healthy choices The authors help to identify effective means of losing weight and maintaining a healthy lifestyle placing particular emphasis on weight loss programs aimed at young people who struggle most with obesity eating disorders and body image The book explores what works what is potentially dangerous and what scientists are discovering about nutrition while also offering sustainable advice for keeping fit The second edition of Encyclopedia of Diet Fads includes many updated expanded and completely new entries as well as the latest information on diets and reviews many popular diet trends like the Atkins Diet the Zone Diet Weight Watchers and Medifast The book is organized by alphabetical entries regarding nutrition exercise and famous and infamous diet promoters Readers can learn more about an area that interests them through cross referenced sections and a prolific list of additional resources A selection of appendixes contains practical information such as how to

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