

# 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

**Food and Nutrition Information and  
Educational Materials Center (U.S.)**



## **Food And You A Guide To Healthy Habits For Teens:**

## Whispering the Strategies of Language: An Psychological Quest through **Food And You A Guide To Healthy Habits For Teens**

In a digitally-driven earth where monitors reign great and instant interaction drowns out the subtleties of language, the profound techniques and mental nuances concealed within words frequently move unheard. Yet, nestled within the pages of **Food And You A Guide To Healthy Habits For Teens** a captivating literary prize pulsing with organic thoughts, lies a fantastic quest waiting to be undertaken. Published by an experienced wordsmith, that marvelous opus attracts readers on an introspective trip, lightly unraveling the veiled truths and profound affect resonating within the fabric of every word. Within the mental depths with this moving evaluation, we shall embark upon a heartfelt exploration of the book is primary styles, dissect its charming publishing style, and succumb to the effective resonance it evokes deep within the recesses of readers hearts.

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