

# 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

**PT Brinkman**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the PT Brinkman text.

## **Food Teens And Behavior:**

## Decoding **Food Teens And Behavior**: Revealing the Captivating Potential of Verbal Expression

In a period characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Food Teens And Behavior**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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