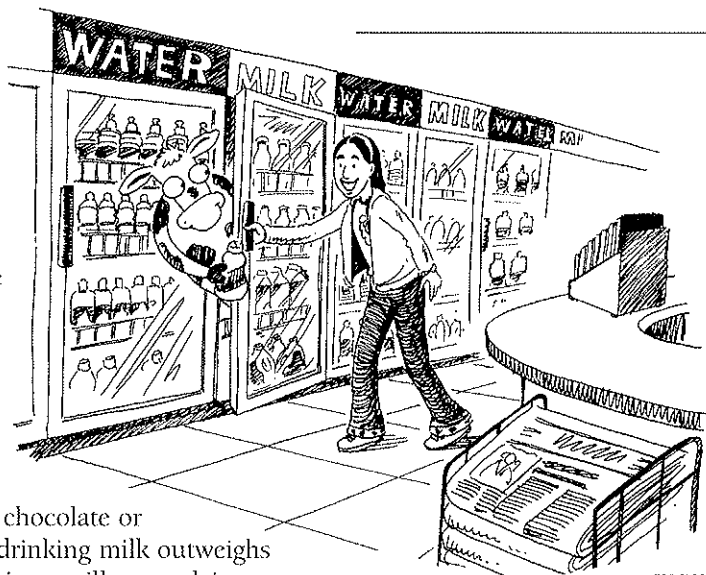


Drink healthy!

The next time your teen wants a soda, tell her this: a typical can contains 10 teaspoons of sugar—more than a chocolate bar has! Try to steer her to these healthy choices instead.

★ **Milk** provides calcium, vitamins, and nutrients that kids need. Encourage your tween or teen to drink three cups a day. Keep the milk fat-free, but it's okay to add chocolate or strawberry flavoring—the benefit of drinking milk outweighs the added sugar. If your child is allergic to milk, try calcium-enriched soy or rice milk. If she's lactose intolerant, get lactose-free milk.



★ **Water** is the best all-day drink. It has no sugar or calories and is low-cost. Take water bottles in the car and to sports games and practices. Try serving water with meals at home and asking for it when you eat out. You can add flavor with a lemon slice. *Note:* Seltzer, club soda, and sparkling water are good alternatives. Like water, they have no sugar or calories, and they have the “fizz” factor kids like. ☘



Q & A Video game overload

Q: My child spends so much time playing video games. How can I get him to be more active instead?



A: First, consider setting limits (say, 30 minutes) on how much time your teen can spend on gaming. Together, schedule when he can play—for instance, in the evening after homework. If

possible, put the video system in the family room so you can monitor his playing.

Second, encourage your son to be active at least an hour a day. See if you can play off his video game interests. Does he like martial arts games? Suggest a karate class. If he's into sports games, he could sign up for baseball or football. If he loves virtual skateboarding, take him to a skateboard park. He just may find the real thing more exciting! ☘

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfecustomer@wolterskluwer.com
www.rfeonline.com

Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ACTIVITY CORNER

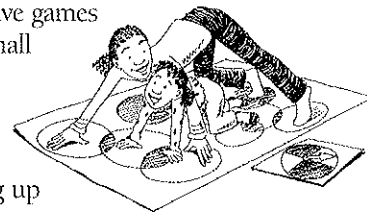
Exercise—and get paid

High school students and middle graders can gain work experience, earn spending money—and get exercise—in these part-time jobs.

◆ **Babysitter.** Encourage your teen to play active games (hide-and-seek, Twister, tag, catch) while caring for small children. Ask neighbors if they need help.

◆ **Sports helper.** Youth teams need referees and assistant coaches. Teen coaches get exercise practicing with the team, while refs get a workout running up and down the field or court during games. Contact your recreation department or school athletic department for openings.

◆ **Camp counselor.** After-school programs and summer camps use tweens and teens as junior counselors. Check your local YMCA or community center, private schools, and area camps. ☘



In the Kitchen

Make it Mexican

Mexican food is extremely popular with young people today. These quick and healthy versions are good from morning to night.

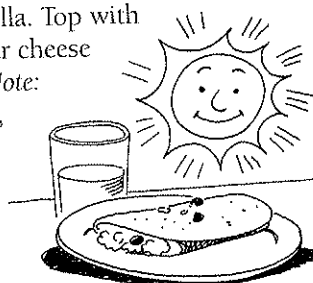
Breakfast burrito. Scramble 2 eggs, ¼ cup fat-free milk, and a diced red pepper in a skillet (coat with non-stick cooking spray). When set, spoon onto a whole-wheat tortilla. Top with shredded low-fat cheddar cheese and salsa, and roll up. *Note:* Make it the night before, and microwave for a fast breakfast.

Fiesta lunch salad. Toss together shredded lettuce, diced

tomatoes, canned corn, and canned black beans. Add a dressing of ¼ cup low-fat sour cream blended with ¼ cup store-bought guacamole. Sprinkle with baked tortilla chips.

Layered enchilada dinner.

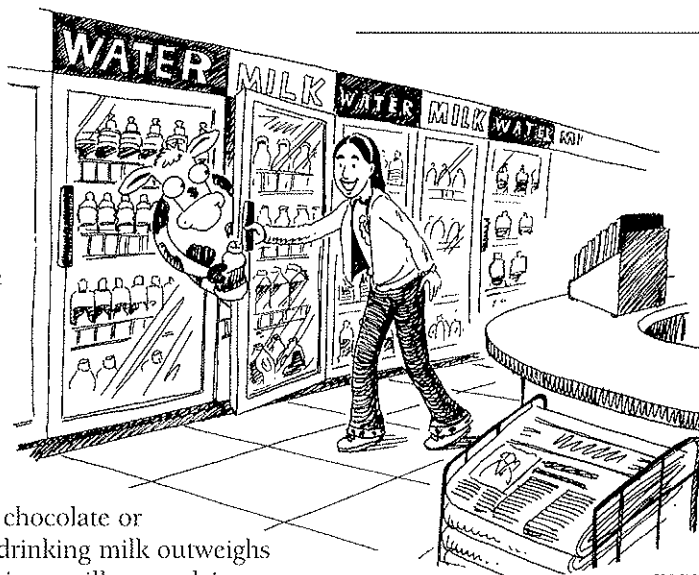
Pour canned red enchilada sauce into a 9 x 13 inch casserole, and line with corn or whole-wheat tortillas. Top with browned lean ground beef and shredded low-fat Monterey Jack cheese. Repeat layers. Bake at 400° for 15 minutes. *Vegetarian option:* Omit the meat, or substitute refried beans. ☘



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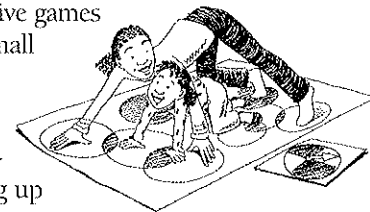
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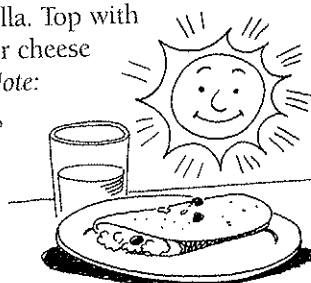
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