

# Teen Food & Fitness

Healthy Ideas for Middle and High School Students

## FAST TAKES



### Cafeteria plan

Variety is the name of the game in today's school cafeterias. Encourage your child to take advantage of healthy offerings, such as salad bars, fresh fruit, whole-wheat pizza, and turkey tacos. Drinking fat-free milk will add extra protein and calcium to his meal.



### Jump for it

Jump ropes aren't just for little kids! Suggest this quick routine to your teen. For one minute each: jump as fast as possible, jump side to side, jump forward across the room, jump backward, and alternate hopping on each foot. Repeat three times for a 15-minute workout.



## Did You Know?

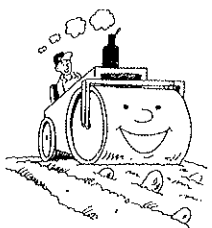
More teens are overweight now than at any time in American history. In all, about one in three middle and high school students are considered obese or overweight. Reduce your children's risk by helping them get more exercise, eat sensible portions, and avoid high-fat and high-sugar foods.

### Just for fun

**Steven:** Why did the farmer drive a steamroller over his potato fields?

**Marcus:** I don't know. Why?

**Steven:** He wanted to grow mashed potatoes!



## Snack attack

Your child needs snacks to keep his body going strong all day long. What he doesn't need is extra sugar or fat! Try these ideas to get your teen or preteen in the habit of healthy snacking.

### Stock up

Give your child nutritious choices by keeping a supply of fresh fruits (apples, bananas, cantaloupe) and vegetables (baby carrots to dip in low-fat ranch dressing, baking potatoes to microwave and top with low-fat cheese). *Other ideas:* low-fat granola bars, instant oatmeal, low-fat strawberry yogurt.

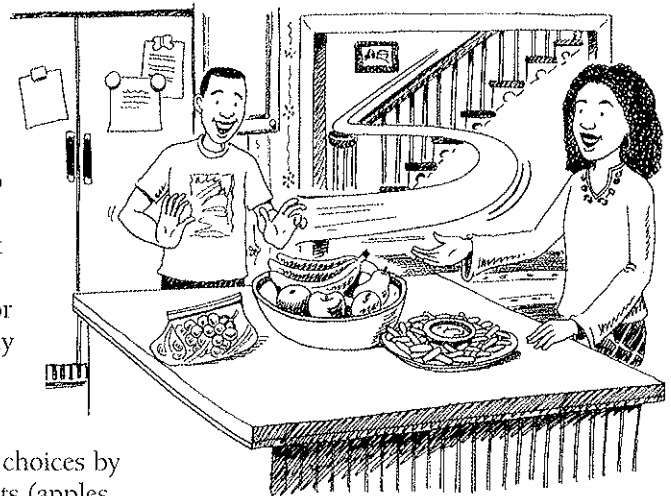
### Choose healthy

Many foods are available in healthier versions these days. Look for baked chips rather than fried, air-popped popcorn instead of oil or butter varieties, whole-wheat pretzels, and reduced-fat crackers.

### Plan ahead

Keep healthy snacks ready for teens on the go. Wash seedless grapes, and freeze in baggies. Make up bags of trail mix: combine whole-wheat cereal, unsalted nuts, and dried cherries. Get individual-sized snacks, such as apple-sauce cups or boxes of raisins. *Note:* Taking snacks along will help keep your child from stopping for junk food.

Warren County R-3 School District  
Dr. Tom Jaeger, Assistant Superintendent



### Mix foods

Show your teen how to make snacks healthier by combining food groups. For example, he can melt shredded low-fat cheddar cheese on whole-wheat bread (two minutes in the toaster oven set at broil) to get calcium, protein, and grains all at once. ♡

## Five easy steps

Encourage your children to add more steps—and burn more calories—by making these simple changes in their daily routine:

1. Park farther away from the entrance to the library, mall, or community center.
2. Take the stairs rather than the escalator or elevator when shopping or going to doctor appointments.
3. Get off the school bus one stop early and walk the rest of the way home. *Note:* To stay safe, walk with a friend, use sidewalks, and don't take shortcuts.
4. Do active chores: take the garbage out, vacuum, put away clutter.
5. Bike or rollerblade to a friend's house after school. ♡



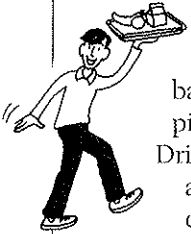
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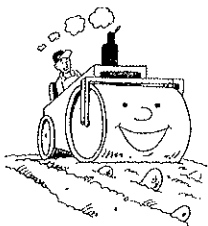
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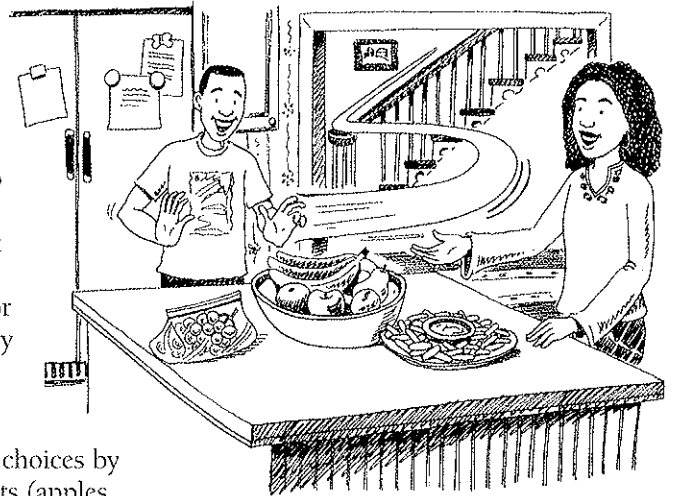
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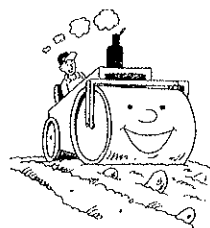
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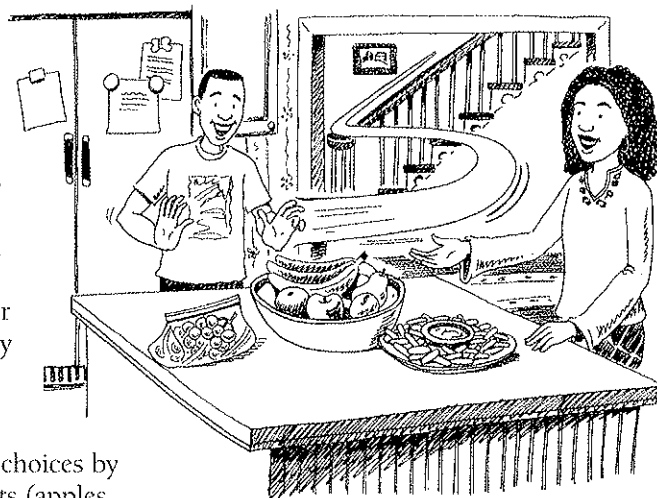
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