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# Healthy Eating for Teens

Karen Bergs  
*Utah State University*

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# Healthy Eating for Teens

Karen Bergs, R.D.

## Food Guide Pyramid

If you are an active teen, you need the following number of servings every day to stay feeling your best:

### Bread Group: 9-11

Bread – 1 slice  
Rice or pasta – 1/2 cup  
Cold cereal – 1 oz.  
Cooked cereal – 1/2 cup

### Vegetables : 4-5

Raw – 1/2 cup  
Cooked, canned or frozen 1/2 cup  
Raw leafy – 1 cup

### Fruits: 3-4

Juice – 3/4 cup  
Dried fruit – 1/4 cup  
Canned or frozen – 1/2 cup  
1 medium fruit

### Milk Group: 2-3

Milk – 1 cup  
Yogurt – 1 cup  
Cheese – 1/4 cup grated

### Meat Group: 2-3

Egg – 1 each  
Meat – 2 to 3 oz.  
Cooked dry beans – 1/2 cup  
Peanut butter – 2 Tbsp.

## Nutrition for Healthy Teens

Did you know that during your teenage years, your body is still growing and developing? Here are some facts about good nutrition for a healthy body:

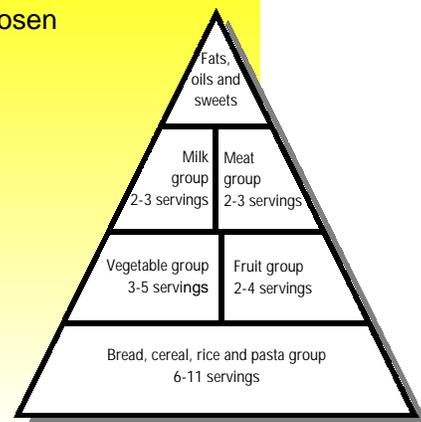
- \* Strict dieting can actually prevent growth. Your body needs calories and nutrients to grow and mature.
- \* Feeling too tired? Make sure meals are well-balanced to keep your active, growing body in good shape. Nutrients and calories are needed to help your body run.
- \* Don't skip meals. Your body needs constant energy to help you get through a busy day.
- \* To have healthy and strong bones, it is important to get as much calcium as you can in your teens. Your body will thank you when you are older.
- \* Eating a lot of sugar can give you quick energy, but won't help your body as you go through the day.
- \* Proper nutrition can help your body look and feel its best!

## Snack Ideas

Snacking can be a great way to meet your calorie needs during the day. It is important that you choose healthy snacks. Your body needs to get the most nutrition it can from the foods you choose. Keep the Food Guide Pyramid in mind when snacking. Choose foods from the bottom of the pyramid first. Snacks from the top of the pyramid can be chosen occasionally. Here are some great snack ideas:

Low-fat granola  
Dry cereal with dried fruit  
Popcorn  
Pretzels  
Bagels with cream cheese  
Grilled cheese sandwich  
Crackers with peanut butter  
Taco or tortilla with refried beans  
Soup with crackers  
Yogurt with granola

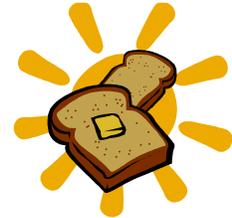
Fruit milkshake  
Fruit with yogurt dip  
Veggies with dip  
Dried fruit  
Fruit or vegetable juice  
Cottage cheese with fruit  
Tuna fish sandwich  
Lunchmeat and cheese roll-ups  
Nuts and seeds



# No Time for Breakfast?

Do you keep hearing that breakfast is the most important meal of the day? Well, it is true. Your body needs the extra nutrients to help you do your best. Here are some quick ideas for breakfast:

- |                                      |                         |
|--------------------------------------|-------------------------|
| Fruit & yogurt shake                 | Instant Breakfast drink |
| Yogurt with granola                  | Frozen waffle           |
| Whole wheat toast with peanut butter | Low fat granola         |
| Cereal with milk and fruit           | Bagel with cream cheese |
| Apple sauce                          | English muffin with jam |



## Eating Out?

Eating out with your friends is a fact of life. Here are some tips on how to choose healthy alternatives when eating out:

- Avoid “super-size”. Go for smaller portion sizes.
- Look for chicken or fish that is grilled or baked instead of fried.
- Ask for your sandwich without cheese, mayonnaise or other high fat dressings.
- Check out the salad bar. Go easy on high fat toppings such as cheese, salad dressings, potato salad, creamy pasta salad, nuts and seeds.
- Split your order with a friend. Restaurants usually serve very large portions.
- Stay away from all-you-can-eat restaurants and buffets. You will probably eat more than you normally would.
- Remember moderation is the key! Try to make eating out an occasional treat.
- Beware of extra crispy. Extra crispy usually means extra fat.

### Tuna Quesadillas

Serves 4

- 1 can water packed tuna, drained
- 1 Tbsp. light mayonnaise
- 4 flour tortillas
- 1/2 cup grated low-fat cheddar cheese

Mix tuna with mayonnaise.

**Microwave:** Spoon filling onto half of each tortilla.

Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

**Stove:** Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Spray a skillet with non-stick cooking spray. Brown quesadillas on both sides.

Cut in half before serving.

### Nutrition Facts

Serving Size 1/4 recipe  
Servings Per Container 4

#### Amount Per Serving

**Calories** 213 Calories from Fat 85

| % Daily Value                 |               |
|-------------------------------|---------------|
| <b>Total Fat</b> 6g           | 9%            |
| Saturated Fat 2g              | 7%            |
| <b>Cholesterol</b> 47g        | 16%           |
| <b>Sodium</b> 677mg           | 28%           |
| <b>Total Carbohydrate</b> 20g | 7%            |
| Dietary Fiber 1g              | 4%            |
| Sugars 0g                     |               |
| <b>Protein</b> 18g            |               |
| Vitamin A 5%                  | Vitamin C 48% |
| Calcium 15%                   | Iron 23%      |

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