



Nutrition Keynotes



Dietary Guidelines for Teen Weight Management

Goal:

- To manage weight through healthy eating and exercise habits.
- To feel good, look good, be fit, and be in charge of your health.

<p>What works?</p>	<p>Instead of going on a diet, it is better to change your eating and exercise habits for life.</p> <p>Exercise:</p> <ul style="list-style-type: none"> • Get up and move instead of watching TV or spending time on your computer. Do 60 minutes of a fun activity every day. Try dancing, walking, biking, swimming, or skating. <p>Eating:</p> <ul style="list-style-type: none"> • Eat three meals a day. • Do not skip meals. • Eat smaller portions. • Eat fewer fats, oils, and sweets, such as butter, margarine, regular salad dressing, candy, cake, and cookies. • Choose healthy snacks like fruit or vegetables. Other good choices include baked chips, pretzels, low-fat popcorn, string cheese, fat-free or low-fat yogurt and pudding, vanilla wafers, graham crackers, angel food cake, and juice bars. <p>Beverages:</p> <ul style="list-style-type: none"> • Drink 6 to 8 cups of water a day instead of high-calorie drinks like juice, whole milk, regular soda, sports drinks, smoothies, milk shakes, specialty drinks, and alcohol. • Drink 2 to 3 cups of fat-free or low-fat milk a day.
<p>What doesn't work?</p>	<p>Diets that:</p> <ul style="list-style-type: none"> • Promise quick weight loss • Limit your food choices • Are unhealthy • Cause you to gain more weight when you go off of them
<p>Fast Food</p>	<ul style="list-style-type: none"> • If you order a hamburger, choose the smallest one. Avoid cheese, mayonnaise, and "special sauce." • Choose pizza with thin crust, cheese, and vegetables. • Choose lean meat (turkey, chicken, roast beef) sandwiches and baked chips. • Choose chicken that is broiled or grilled instead of fried. • Drink water instead of soda. • If you order fries, choose a small size and share with a friend. • Avoid fried main dishes and side orders like fried fish, onion rings, egg rolls, or fried tacos.
<p>Eating Behaviors</p>	<ul style="list-style-type: none"> • Eat slowly. • Try doing something to get your mind off of food. Exercise, read, listen to music, or work on a hobby. • If you feel sad, angry, or frustrated, talk to a family member or friend instead of eating.

Talk to a registered dietitian for more help. Ask for a free copy of *Fast Food: A Guide to Healthier Choices*.