

10 Tips for Teens is designed by Maine SNAP-Ed to support healthy eating on a budget for all Mainers.

- Flexible and adaptable to a variety of settings and participant needs
- Lessons are interactive, fun, and engaging
- Cooking demonstrations or tastings are part of each lesson

The four lesson titles below focus on increasing the knowledge and skills for teens to make healthy choices and range from 30-60 minutes in length.

1

Choose MyPlate for Teens

USDA
 United States Department of Agriculture

Find Your Healthy Eating Style & Maintain It for a Lifetime
 Start with small changes to make healthier choices you can enjoy.

Follow the MyPlate building blocks below to create your own healthy eating solutions—"MyWins." Choose foods and beverages from each food group—making sure that your choices are limited in sodium, saturated fat, and added sugars.

Make half your plate fruits and vegetables. Fill your plate with fruits and vegetables.

Make half your plate grains and protein. Fill your plate with grains and protein.

Make half your plate fruits and vegetables. Fill your plate with fruits and vegetables.

MyWins
 Everything you eat and drink matters. The right choices can help you live healthier now and into the future. Find your MyWins!

Center for Nutrition Policy and Promotion
 January 2014

2

Eat Smart and Be Active as You Grow

California My Nutrition Plan For Teens

These tips will help me eat well and be physically active. Every day, I will:

Vegetables	Protein	Grains	Fruits	Dairy
<ul style="list-style-type: none"> Try to eat 2 or more choices of fresh, frozen or low-sodium canned vegetables. Flavor vegetables with herbs and spices instead of fat or salt. Eat many dark green and orange vegetables. 	<ul style="list-style-type: none"> Try to eat 6 or more choices. Get local or bake meat instead of fry. Eat beans, tofu, nuts, seeds and nut butters. Choose lean meat (100% fat free). Take skin off poultry. Eat 12 oz of fish per week. Limit bacon, hot dogs and bologna. 	<ul style="list-style-type: none"> Eat whole grains at least half of the time. Choose high-fiber and whole-grain cereals, such as, approved by WWC. Some whole grain products have a logo for omega-3 approved by WWC. 	<ul style="list-style-type: none"> Try to eat 4 choices. Eat a variety of fresh, frozen or canned fruits. Choose fresh, frozen and canned fruits without added sugars. Limit fruit juice to 1/2 cup 100% fruit juice each day. 	<ul style="list-style-type: none"> Try to eat 4 choices. Choose pasteurized (not fat) milk and cheeses. Eat plain yogurt for sweetness, add fruit. Choose soy products with calcium, like tofu.

Fats, Oils, Sugars and Salt

- Read nutrition labels to choose foods low in fat, sugar and salt (sodium).
- Choose fruits, vegetables, unsalted nuts and seeds for snacks.
- Use plant oils like canola, safflower and olive oil daily.
- Limit butter, cheese, or microwave instead of frying.

Beverages

- Drink water, seltzer or decaf milk instead of sugary drinks.
- Limit coffee drinks like coffee and tea.
- Do not drink energy drinks.

Physical Activity or Exercise

- Get at least 1 hour of moderate physical activity every day. A good choice is walking, 30 minutes at a time is fine.
- Aim for vigorous physical activity choices at least 3 days per week. It makes you breathe faster and sweat. Try swimming or running.
- Do muscle and bone strengthening activities at least 3 days per week to stay strong. Climbing stairs is an easy choice.

More Ideas

- Make a paper tracker daily food and physical activity plan. Go to www.supertracker.usda.gov/ChildProfile.aspx
- Other:

© USDPH 2014. Funded by Federal Title V Block Grant through the Maine, Child and Adolescent Health Division, Center for Family Health. January 8, 2014

3

Teens Shop, Cook, and Eat:

Snack Smart

Instead of snack mix, try these:

- **Make Fruit Salad**
 - Wash and slice a variety of fruit.
 - Cut into 1/2 inch pieces.
 - Combine in a bowl. Sprinkle the juice over the fruit.
 - Toss in 1/4 teaspoon of honey, lemon juice.
 - Refrigerate in a covered bowl until ready to eat.
- **Make Baked Cakes**
 - Wash and slice a variety of fruit.
 - Add 1/2 cup of granola.
 - Add 1/4 cup of coconut.
 - Mix ingredients together.
 - Spoon equal amounts into paper cones and bake.
- **Make Antacid Cakes**
 - Wash and slice a variety of fruit.
 - Add 1/2 cup of granola.
 - Add 1/4 cup of coconut.
 - Spoon equal amounts into paper cones and bake.

Instead of granola bars, try these:

- **Make Peanut Butter Sticks**
 - Mix 1/2 cup of peanut butter.
 - Add 1/4 cup of granola.
 - Add 1/4 cup of coconut.
 - Spoon equal amounts into paper cones and bake.

4

Take Charge of your Health:

MAKE IT WORK For You

Being healthy doesn't take a lot of work, right? It doesn't have to be. This tool will show you how to plan a healthy meal and how to make it work for you. Use the tips and tricks to make your meal plan work for you.

Pick an item from each food category to plan a healthy meal.

Grains and Vegetables	Protein	Dairy
<ul style="list-style-type: none"> Whole grain bread Whole grain pasta Whole grain cereal Whole grain flour tortillas Whole grain crackers Whole grain cereal Whole grain cereal Whole grain cereal Whole grain cereal 	<ul style="list-style-type: none"> Chicken breast Ground beef Ground turkey Ground pork Ground chicken Ground beef Ground turkey Ground pork Ground chicken 	<ul style="list-style-type: none"> Whole milk milk Whole milk milk Whole milk milk Whole milk milk Whole milk milk Whole milk milk Whole milk milk Whole milk milk Whole milk milk

SAMPLE MEALS

Meal 1: Whole grain bread, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk.

Meal 2: Whole grain bread, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk.

Meal 3: Whole grain bread, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk, whole milk milk.