



Nutrition Tips for Teens

(that means you 😊)

Eat Smart Tips

1. Try for at least half of your grains to be whole grains.
 - Examples of whole grains include oatmeal, brown rice, whole wheat flour, bulgar, and cornmeal.
 - Check food labels to make sure your choices are really whole grains. Look for whole wheat flour (or another whole grain flour) as the first ingredient in breads, crackers, and cereals.
2. Choose lean meats, poultry, fish, soy foods, low-fat dairy foods, dried beans and peas, and nuts for protein.
 - If you are a vegetarian, focus on beans, nuts, and other meat alternatives such as products made with soy.
3. Choose a variety of fruits.
 - Fresh, frozen, dried, and canned fruits (in light syrup or their own juice) are all good choices.
 - If you drink juice, choose 100% fruit juice and limit yourself to 1 cup or less per day.
4. Eat a variety of vegetables.
 - Include vegetables of many different colors, including orange, yellow, red, and dark green.
 - Fresh, frozen, and canned vegetables are all good options.
 - Try salads with different vegetables added to it or make it the main meal by adding a protein source. Remember to watch the amount of salad dressing that you use.

5. Choose low-fat or fat-free milk and dairy foods more often. Limit whole milk, cream, and full-fat dairy foods.
6. Limit the amount of empty calorie fluids such as soda, sport drinks, iced tea, and coffee with added cream and sugar. They add calories and no other nutrients. If drinking diet drinks, do so in moderation.
7. Be aware of caffeine containing fluids. Try to avoid caffeine.

Portion Control Tips

1. Eat your meals on a smaller plate so your meal looks larger.
2. Avoid taking an entire bag of chips or a container of ice cream to the couch. You are less likely to overdo it if you serve yourself a portion in the kitchen first.
3. Try single-serving size foods to help your body learn what an appropriate portion size is. Of course, the key is to eat just one!
4. Eat three well rounded meals and one or two healthy snacks. Skipping meals or waiting too long between them can make you more likely to overdo it at the next meal.
5. Add more salads and fruit to your diet, especially at the start of a meal. This can help control hunger and give a sense of fullness while controlling calorie intake.
6. Try not to rush your meals. Eat slowly and chew well, giving yourself a chance to feel full before you take more. If you do want seconds, go for more salad or veggies.
7. Be aware that most restaurant portions are three or four times the right serving size. Try sharing meals with friends, ordering an appetizer as a main dish, or packing up the extra to take home before you begin to eat.

8. Do not be tempted to go for the giant value meal or the jumbo drink just because they are only a few cents more than the regular size.

9. Estimating portion size:

- A clenched fist = 1 cup
- The size of your palm = healthy meat portion
- Top of your thumb = healthy amount of added fat (margarine, mayo, salad dressing, etc.)

10. The Divided Plate Visual



- Think of your plate as divided in four equal sections. Use one of the quarters for protein. Use another quarter for grains, and then fill the remaining half with fruits and vegetables. Don't forget to have some milk or other dairy on the side!
- Food should fit neatly on the plate, not piled too high.
- This visual will not only help keep portions under control but help you balance your meals.

Remember to make the habit of letting your stomach rather than your eyes tell you when you are done with a meal!

Additional Information:

If you have questions, call: _____, *Registered Dietitian*

Phone: (717) 531- _____ or (717) 531-8406