

What the Health are You Talking About?



How can I eat healthy, stay fit and still enjoy my teenage years?

Being a teenager can be a very stressful time. Changes in your body, pressure from your friends, arguing with parents can make stress eating seem like a great coping strategy. According to research there are a few simple changes that you can make to your diet and lifestyle that will keep you healthy now and into adulthood.

- Ignore fad diets¹
- Fuel your body-eat a well rounded breakfast, eat your fruit and vegetables, lean protein, and healthy fats² (think avocados and almonds)
- Drink more water and less sugary drinks---including sports drinks and soda
- Stay positive-surround yourself with healthy people and remember not to compare yourself to your peers³
- Get moving-find a workout routine that works for you⁴-moderate physical activity has been linked to a healthy heart
- Set goals-you are more likely to achieve success when you write down your goals, start with short term goals first
- Make dinner family time-get involved in cooking, try new recipes and have fun

Your teenage years will be fun and exciting with many new adventures. This is a time to be confident with your body and image. Eating healthy is a great start to that confidence building. Be the model for your friends and family.

Remember eating healthy does not mean giving up all of your favorite foods, but eating them consciously and in moderation. You can have your cake and eat it too!

The following websites have fun recipes and interesting facts to make your healthy lifestyle journey an adventure to begin now.

<https://www.diabetesfoodhub.org/>

<https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>