

# Eat Right!

**Choose bright colored fruits and vegetables.** Eating a wide variety of brightly colored foods gives your body all the vitamins and minerals it needs to be healthy and strong<sup>5</sup>. Spinach, tomatoes, pineapple, and oranges are all great choices.



Credit: Mary LaFrance/public domain

**Read labels.** Look for foods low in saturated fats and sodium, and foods high in iron, fiber, vitamins and minerals<sup>4</sup>.

Nutrition Facts	
8 servings per container	
Serving size <b>2/3 cup (55g)</b>	
Amount per serving	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Move More!

**Look to be active for 60 mins a day<sup>2,5</sup>.**

- Take a walk with your family
- Ride a bicycle
- Dance
- Jump rope
- Do a team sport



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## BE A HEALTHY LEADER

BE AN EXAMPLE TO YOUR FRIENDS ON WHAT A HEALTHY AND NUTRITIOUS DIET LOOKS LIKE AND ENCOURAGE THEM TO JOIN IN YOUR JOURNEY TO A HEALTHY LIFE<sup>3</sup>.



**Drink Water<sup>5</sup>.** This will help keep you hydrated and also can help limit snacking desires

**Eat more meals with your family.** This will help the whole family join in a healthy eating<sup>2,3</sup>.



### Additional Resources

1. **Obesity in Youth: Causes, Consequences, and Cures.** By: Leslie J. Heinberg and J. Kevin Thompson
2. **School Performance, healthy behaviors linked.** By: Kim Krisberg
3. **Youth dietary intake and weight status: Healthful neighborhood food environments enhance the protective role of supportive family home environments.** By: Jerica M. Berge, Melanie Wall, Nicole Larson, Ann Forsyth, Katherine W. Bauer, and Dianne Neumark-Sztainer.
4. **Getting Teens to Eat Less Salt.** By: Michael E. Bratsis
5. **Choosemyplate.gov**

## References:

1. Heinberg LJ, Thompson JK, American Psychological Association. *Obesity in youth: Causes, consequences, and cures*. 1st ed. Washington, DC: American Psychological Association; 2009. [http://une.summon.serialssolutions.com/2.0.0/link/0/eLvHCXMwbV1LawlxEB50heKprbZobWWWhZ0t2k427R1eUUrAg9HEMmxcUyvZQevDfO7ONiy0eE0IYJpN8yTePAPD0gc3-nQk8z7WT2lrm2VwjKGVcV3hz8NblwknKVd4u-POWP23EawfuWYbjkzKgateG1BBtUaRodFRIm7xAefQWuJTvLbHChEArTJokLnx\\_0V8SyaG2U2iLP9fJLs5\\_hCnrC4goz-ASOq4ewNkm-LgH0G\\_PpN0QzkPh\\_vijjnf0290VTNarl-XjDKdTgXtRQdYsvYYIn\\_NuBHGRGasz7wsjpbDeVEZ6kTDNJUeoN2IM8UE21ThMQ5SmWpVLKo2D2-R4CFoDUfxV7b5-vhWCLSL6nPMxDE\\_JcXO6ewL9Xy8JUQu30PNo-u6u0cyU9FuWb9Og5z2yKn-Y.10.1037/11868-000](http://une.summon.serialssolutions.com/2.0.0/link/0/eLvHCXMwbV1LawlxEB50heKprbZobWWWhZ0t2k427R1eUUrAg9HEMmxcUyvZQevDfO7ONiy0eE0IYJpN8yTePAPD0gc3-nQk8z7WT2lrm2VwjKGVcV3hz8NblwknKVd4u-POWP23EawfuWYbjkzKgateG1BBtUaRodFRIm7xAefQWuJTvLbHChEArTJokLnx_0V8SyaG2U2iLP9fJLs5_hCnrC4goz-ASOq4ewNkm-LgH0G_PpN0QzkPh_vijjnf0290VTNarl-XjDKdTgXtRQdYsvYYIn_NuBHGRGasz7wsjpbDeVEZ6kTDNJUeoN2IM8UE21ThMQ5SmWpVLKo2D2-R4CFoDUfxV7b5-vhWCLSL6nPMxDE_JcXO6ewL9Xy8JUQu30PNo-u6u0cyU9FuWb9Og5z2yKn-Y.10.1037/11868-000).

This source may help Jane understand why she is obese. It looks at genetic as well as environmental factors that can lead to obesity as well as ways in which obesity can be solved. This book can help Jane realize that her weight might not be entirely her fault but provide answers as to ways in which she can solve the issue. The book can help her and her family discover ways to help their unhealthy eating habits together.

2. Krisberg K. School performance, healthy behaviors linked. . 2017;47(9):7. <http://link.galegroup.com.une.idm.oclc.org/apps/doc/A515579990/ITOF?u=bidd97564&sid=ITOF&xid=1af99237>.

This article helps to explain some healthy behaviors that are linked to better school performance. Although there is no proof of causation Jane can benefit from knowing certain actions with health and nutrition can benefit her academically.

3. Berge JM, Wall M, Larson N, Forsyth A, Bauer KW, Neumark-Sztainer D. Youth dietary intake and weight status: Healthful neighborhood food environments enhance the protective role of supportive family home environments. *Health & Place*. 2014;26:69-77. <http://www.sciencedirect.com.une.idm.oclc.org/science/article/pii/S1353829213001585>. doi: //doi-org.une.idm.oclc.org/10.1016/j.healthplace.2013.11.007.

This article focuses on the environmental factors that impact health. Family time increases healthy eating behaviors and lessens, often times, the amount of eating out. This can be extended into the neighborhood as well. If the neighborhood eats well the household will eat better. This might also work for friends, eating what those around you are eating. This also looks at locations that are not filled with temptation like convenience stores and lots of fast food restaurants but rather grocery stores and farmers markets.

4. Bratsis, M. E. (2015). Getting teens to eat less salt. *The Science Teacher*, 82(2), 12. Retrieved from <https://une.idm.oclc.org/login?url=https://search-proquest-com.une.idm.oclc.org/docview/1654997247?accountid=12756>

Sodium is a major issue with kids and especially Jane. This provides a few suggestions on monitoring sodium intake and also offers additional resources for minimizing sodium in a diet.

5. United States Department of Agriculture. 10 tips: Eat smart and be active as you grow. ChooseMyPlate.gov Web site. <https://www.choosemyplate.gov/ten-tips-eat-smart-and-be-active-as-you-grow>. Updated 2017. Accessed Aug 6, 2018.

6. Family meal clipart. Nutritioneducationstore.com Web site. <https://news.nutritioneducationstore.com/free-nutrition-clipart/screen-shot-2012-10-19-at-9-34-16-am-2/>. Updated 2012. Accessed Aug 6, 2018.
7. Nutrition facts label. Wikipedia Web site. [https://en.wikipedia.org/wiki/Nutrition\\_facts\\_label](https://en.wikipedia.org/wiki/Nutrition_facts_label). Updated 2018. Accessed Aug 6, 2018.
8. Glass of drinking water - municipal water use. USGS Web site. <https://www.usgs.gov/media/images/glass-drinking-water-municipal-water-use>. Updated 2017. Accessed Aug 6, 2018.
9. LaFrance M. Up to 10 portions of fruit and vegetables a day may prevent 7.8 million premature deaths. Medical Xpress Web site. <https://medicalxpress.com/news/2017-02-portions-fruit-vegetables-day-million.html>. Updated 2017. Accessed Aug 6, 2018.
10. Monkey Business Images. Coach giving team talk to female high school soccer team. Dreamstime Web site. <https://www.dreamstime.com/stock-photo-coach-giving-team-talk-to-female-high-school-soccer-team-outside-kneeling-down-image41536335#res170862>. Updated 2014. Accessed Aug 6, 2018.