

Best Health Tips for Teenage Girls



Image used under license from Shutterstock.com

1. Eat breakfast every morning - food is fuel!

- There are nutrients inside food and biological processes depend on these nutrients.¹
- You are at increased risk of nutrient deficiency if you skip breakfast.²

2. Eat more Super Foods

- Super foods are foods that are beneficial to your health.
- Eat more whole grains, fruits, vegetables, low-fat dairy products and healthy fats such as salmon, avocado, nuts and olive oil.²

3. Try to avoid fast food and eating out. Make meals at home with your family.

- Preparing meals at home is associated with a more nutritious diet.³
- Increases availability of healthy meals for you. Instead of driving to fast food or a restaurant, you can drive to the grocery store.⁴ Make a trip of out it with your friends!

4. Cut back on sweets.

- Poor sleep quality is associated with higher consumption of foods high in sugar such as soda or sugar-sweetened beverages.⁵
- Limiting your sweet intake helps control blood sugar. You'll feel more energized throughout the day.

5. Check Nutrition Facts Label for Sodium content.

- <140 mg of sodium per serving is considered low sodium.⁶
- Avoid foods high in sodium as this increases your risk of high blood pressure.

6. Become a healthy role model.

- Volunteer to teach younger grades about nutrition and the importance of being healthy.⁷
- If you have younger sibling, they look up to you - become a healthy role model for them.⁷

7. Be active!

- Physical activity improves self-esteem and academic performance.⁸
- Make it fun - get a Fitbit and track your steps!⁹

8. Get your beauty sleep.

- You require 8- 10 hours of sleep per night.⁵
- Limit screen time such as the Internet and social media use.⁵

9. Color up your plate.

- The majority of your plate should be full of vegetables. Aim for a rainbow of vegetables on your plate. The more variety of colors, the more nutrients you are fueling your body with!

10. Surround yourself with healthy and supportive family and friends.

- Make a food diary and share yours with family and friends for different meal ideas.⁹

References:

1. Gripshover SJ, Markman EM. Teaching young children a theory of nutrition. *Psychological Science*. 2013;24(8):1541-1553. <https://journals.sagepub.com/doi/full/10.1177/0956797612474827>. doi: 10.1177/0956797612474827.
2. Brown, JE. *Nutrition Through the Life Cycle*. 6th ed. Boston, MA: Cengage Learning; 2017: 289-400.
3. Hoelscher, Deanna M., PhD, RD, LD|Kirk, Shelley, PhD, RD, LD|Ritchie, Lorrene, PhD, RD|Cunningham-Sabo, Leslie, PhD, RD. Position of the academy of nutrition and dietetics: Interventions for the prevention and treatment of pediatric overweight and obesity. *Journal of the Academy of Nutrition and Dietetics*. 2013;113(10):1375-1394. <https://www.clinicalkey.es/playcontent/1-s2.0-S2212267213012926>. doi: 10.1016/j.jand.2013.08.004.
4. Metos J, Gren L, Brusseau T, et al. Adolescent girls' reactions to nutrition and physical activity assessment tools and insight into lifestyle habits. *Health Education Journal*. 2018;77(1):85-95. <https://journals.sagepub.com/doi/full/10.1177/0017896917734575>. doi: 10.1177/0017896917734575.
5. Min C, Kim H, Park I, et al. The association between sleep duration, sleep quality, and food consumption in adolescents: A cross-sectional study using the korea youth risk behavior web-based survey. *BMJ Open*. 2018;8(7):e022848. <http://dx.doi.org/10.1136/bmjopen-2018-022848>. doi: 10.1136/bmjopen-2018-022848.
6. Sodium controlled diet. Cleveland Clinic Web Site. <https://my.clevelandclinic.org/health/articles/15426-sodium-controlled-diet>. Last updated March 3, 2015. Accessed December 1, 2018.
7. Weybright EH, Martinez AD, Varrella G, Deen MK, Wright K. Teens as teachers: Positive outcomes and recommendations for promoting healthy nutrition in adolescents. *Journal of Youth Development*. 2018;13(3):43-60. <https://search.proquest.com/docview/2117435794>. doi: 10.5195/JYD.2018.595.
8. Lucy-Joy M Wachira, Stella K Muthuri, Sophie A Ochola, Vincent O Onywera, Mark S Tremblay. Screen-based sedentary behaviour and adiposity among school children: Results from international study of childhood obesity, lifestyle and the environment (ISCOLE) - kenya. *PLoS One*. 2018;13(6):e0199790. <https://www.ncbi.nlm.nih.gov/pubmed/29953496>. doi: 10.1371/journal.pone.0199790.
9. Metos J, Gren L, Brusseau T, et al. Adolescent girls' reactions to nutrition and physical activity assessment tools and insight into lifestyle habits. *Health Education Journal*. 2018;77(1):85-95. <https://journals.sagepub.com/doi/full/10.1177/0017896917734575>. doi: 10.1177/0017896917734575.