Best Health Tips for Teenage Girls

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:


