

5 Tips for Choosing Healthy Foods for Teens



Healthy eating has lots of benefits. It gives you energy, helps you achieve a healthy weight, and gives your body the right fuel for sports and daily activities.⁶

Choosing Healthy Foods

Making healthy choices can be hard. Let's talk about how to make it simple.

1

CHOOSE WATER

Make water your go-to beverage.¹ It's the healthiest way to stay refreshed.

2

EAT MINDFULLY

Put down the screens and shut off the TV while eating.² This will help you recognize when you are full.

3

PACK A SNACK

Pack healthy snacks, like fruits, nuts and vegetables to help avoid junk foods.³

4

GET COLORFUL

Fresh fruits and vegetables are filled with vitamins and nutrients your body needs.⁴

5

BE A CHEF

Try cooking meals at home.⁵ Experiment with a new recipe instead of eating out.

Resources

Making healthy lifestyle changes is easier when you have support:

Obesity Action Coalition

<https://www.obesityaction.org/community/find-support-connect/find-a-support-group/>

Overeaters Anonymous Local or Online Meeting

<https://oa.org/find-a-meeting/>

7 Places to Find Support on Your Weight Loss Journey

<https://www.healthline.com/health/obesity/weight-loss-support>

Choose MyPlate for Teens

<https://www.choosemyplate.gov/teens>

Dietary Guidelines for Americans 2015-2020

<https://health.gov/dietaryguidelines/2015/guidelines/>

Weight Loss for Teens Support Group

<https://www.dailystrength.org/group/weight-loss-for-teens>



Reach Out

Find support from local groups and organizations like community recreation programs, fitness centers, and weight management groups.⁶ Getting support from others including friends, family, nutrition professionals, counselors, and fitness professionals will help you succeed in achieving a healthy weight.

ADDITIONAL RESOURCES

If you are struggling with diet, or if you are worried about unhealthy eating patterns, let someone know.

National Eating Disorder Association

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

Northern Light Acadia Hospital

<https://northernlighthealth.org/Locations/Acadia-Hospital/>

