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. It’s the healthiest way to stay refreshed.

2. **EAT MINDFULLY**
   Put down the screens and shut off the TV while eating. 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.

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

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

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.
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. 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/