

# IT'S YOUR CHOICE

Your body gets energy from food you eat or drink. When you take in more calories than you burn, you can gain weight. Too much body fat is not good for your health. Try the following tips to help make sure you choose healthy foods, exercise enough and keep your weight under control:



1

## Rethink Your Drink!

- Choose water instead of soda or coffee. Water is calorie free and can keep you satisfied.
- Aim to have 8 cups of water per day.
- Sugar can be added to many drinks and juices. Read labels to keep your sugar intake low.<sup>1</sup>

2

## More Lean Time; Less Screen Time!

- Move more! Get out and exercise at least 60 minutes each day.
- Team up! Take a walk with your family or friends or take a bike ride after school.
- Limit screen time like watching tv or playing on the phone or computer to less than 2 hours per day.<sup>2</sup>

3

## Eat the Rainbow!

- Eat at least 5 vegetables and fruits per day.<sup>3</sup>
- Eat foods from different colors.
- Try new foods. Sweet potato, blueberries and green beans are great choices.

4

## You've Got This!

- Creating new habits can take time and support.
- Take charge of your health! Learn to grocery shop and cook with your family.
- Be a health champion! Share your positive results with your friends. A healthy environment is contagious and helps you stick the course.<sup>4</sup>

# Create your Healthy Weight!

# Choices for Healthy Living

Your teenage years are very important stepping stones to adulthood. Your body is growing fast and needs extra nutrients like calcium to make up your bones. It also needs enough vitamins, minerals and energy to be healthy. Making the right choices will help you have more energy to learn well and play sports.<sup>5</sup>

✓ **Hydrate with water instead of soda, juice or coffee.**<sup>1</sup>

Drink 8 glasses of water per day.

✓ **Exercise for at least 60 minutes daily.**<sup>2</sup>

Move more! Take a walk with friends or family. Ride your bike or play sports.

Limit your time watching tv, playing on your phone or computer to less than 2 hours per day.

✓ **Eat more fruits and vegetables.**<sup>3</sup>

Eat at least 5 servings of fruits and vegetables per day.

Make your plate colorful by alternating your choices. Try new foods like sweet potatoes or squash.

✓ **Whole is better.**<sup>6</sup>

Eat whole grain foods more often. Eat brown rice instead of white rice or whole wheat bread instead of white bread.

Make at least half of your grain choices whole grains.

✓ **Cook and eat at home more often.**<sup>4</sup>

Get involved in grocery shopping, meal planning and cooking with you family.

Make enough food to have leftovers to bring to school. It will save time and money too!

Cooking with your family also gives you time to connect, talk about good nutrition and plan out what you will eat for a few days at a time.

✓ **Change is easier with good support.**<sup>4-5</sup>

Talk to your family about the importance of eating well. See what strategies you come up with together.

Take charge and learn about healthy eating and living.

- Ask your doctor to see a Registered Dietitian who can teach your more tips and help your through your learning process.

- Look up information on websites like [choosemyplate.gov](http://choosemyplate.gov) or the additional resources below.

Be a leader and health champion.

- Live by example. Make healthy food choices and move more. This will encourage your family and friends to live their healthiest lives as well.

Living your best life means feeding and exercising your body well so that you do not have too much fat. It also means that you have enough energy to learn, play and enjoy your social life. Make the right choices and #getit!

## Additional Resources

- Choose My Plate: <https://www.choosemyplate.gov/>
- Parent Tip Sheets: <https://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/parent-tip-sheets.htm>
- Ideas to Help Children Maintain a Healthy Weight: <https://www.cdc.gov/healthyweight/children/index.html>

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## References

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