



Healthy Weight Management For Teens



Healthy Eating:

1. **Fill your plate with a variety of colorful vegetables.** Vegetables have vitamins and minerals your body needs to take care of its self.
2. **Avoid processed and fast foods.** These foods are typically higher in saturated fats and sodium.
3. **Choose healthy and nutritious snacks.** Fruits and vegetables make great healthy snacks.
4. **Stop eating when you are full.** Eating at a slower pace can help your brain realize when your stomach is full.
5. **Avoid soda and other sugary drinks.** Sodas, sports drinks, energy drinks, and some juices have lots of unhealthy added sugars.



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Physical Activity:

1. **Spend at least 60 minutes each day being active.** Exercise does not have to be a chore. Find fun ways to stay active!
2. **Walk or ride your bike to school.** One mile of walking is about 30 minutes.
3. **Spread your exercise time throughout the day.** The 60 minutes of exercise does not need to be done all at once. You can take multiple times during the day to exercise.
4. **Find a routine that works for you and stick with it.** Everyone has busy lives, but finding time each day to be active is important for your health.
5. **Get involved with school or intermural sports.**

Additional Recourses:

For more information on healthy eating patterns and physical activity, please visit the following websites:

- <https://www.choosemyplate.gov/>
- https://www.cdc.gov/healthyweight/healthy_eating/index.html
- <https://www.nhs.uk/live-well/eat-well/healthy-eating-for-teens/>