

Build Healthy Habits in Your Teens

Your teenage years are a great time to start building healthy habits. The choices you make now will set the stage for your health as an adult. Below are some tips that can help guide you in making healthy choices.



Reprinted from John Hopkins Medicine.⁵

- **Rethink your drink.**

Sodas, sports drinks, energy drinks, and sweetened teas have added sugars and extra calories which put you more at risk for future health problems.¹ Choose healthier options such as water, fruit-infused water, unsweetened tea, or low-fat milk.

- **Aim for variety.**

Different foods have unique nutrients that are good for your health. Eat a variety of whole grains, fruits, vegetables, low-fat dairy options, and lean sources of protein in order to meet all your nutrient needs.

- **Eat more fiber.**

Fiber is a key nutrient for digestive and heart health.² It also helps you stay full after a meal.² Add more fiber to your diet by eating more fruits and vegetables and choosing more whole grain options such as whole wheat bread, whole wheat pasta, and brown rice.

- **Limit your screen time.**

Watching TV or playing video games can lead to overeating, inactivity, and reduced sleep.³ Limit your screen time outside of school to ≤ 2 hour per day.³

- **Move more.**

Exercise has many short-term and long-term health benefits.⁴ Teens should aim for at least 60 minutes of moderate exercise per day.⁴ Find an activity or sport you enjoy such as walking, riding a bike, swimming, or volleyball.

Visit these websites for more info:

-USDA ChooseMyPlate: <https://www.choosemyplate.gov/>

-Academy of Nutrition and Dietetics: <https://www.eatright.org/>



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