Eating foods rich in nutrients such as fruits, vegetables, whole grains and lean proteins fills you up faster. Being mindful of portion sizes and feelings of hunger and fullness will help you meet your daily goals in each of the food groups.⁴

### Always appropriate⁵
- ↓ to no added sugar, fat-free, and ↓ calories
- ↓ sodium
- Higher in nutrient-dense qualities-fruits/veggies for vitamins and minerals, and fiber
- Whole grains
- Lean meats and 2 servings of fish a week
- 2+ servings from each food group

### Watch how much you eat⁴,⁵
- Low-fat, some added sugar, higher sodium, and higher calories
- Limit to 1 a day per food group

### Rarely eat⁴,⁵
- Fast-foods
- ↑ calorie, ↑ fat & ↑ sugar
- Fried foods
- Sugary beverages (sodas, chocolate milk, energy drinks)
- Deserts, cookies, candy

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### Powered by Portion Sizes

A 2,000-calorie daily eating pattern for teen girls 14-19 year-olds⁵:

<table>
<thead>
<tr>
<th>Category</th>
<th>Suggested Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grains</td>
<td>6 servings (1 ounce each)</td>
</tr>
<tr>
<td>Protein</td>
<td>2-3 servings (5.5 ounces total)</td>
</tr>
<tr>
<td>Dairy</td>
<td>3 servings (1 cup each)</td>
</tr>
<tr>
<td>Fruits</td>
<td>2 servings (1 cup each)</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2-3 servings (2½ cups total)</td>
</tr>
<tr>
<td>Healthy Oils</td>
<td>4-5 servings (2 tsp. each)</td>
</tr>
</tbody>
</table>

- 1 slice of bread
- ½ c. rice/pasta
- The palm of your hand or a deck of cards is all the protein you require
- 1 tennis ball OR 4 playing dice of cheese
- 1 apple ½ c. 100% fruit juice 1 serving = 1 tennis ball
- 1 tennis ball OR for raw leafy greens 2 handfuls
Choosing Mindfulness

**At home**:  
- Pay attention to your body's hunger and fullness signs (stop when full)  
- Eat slowly  
- Eat breakfast daily  
- Focus on eating, limit distractions  
- Limit negative self-talk about your body, choices, and weight.

**In school & when socializing**:  
- Bring healthy snacks instead of using the vending machines.  
- Modify fast food options. Apple slices vs. fries.  
- Hang out with supportive, positive friends.  
- Take the stairs or walk to destinations.

**Benefits**:  
- Enjoy having more energy  
- Build higher confidence and self-acceptance  
- Know that every body type is unique and beautiful!  
- Manage your stress better  
- Build skills in nutrition, exercise, and health that last

**Types of EmPOWERed Goals**:  
- Increase the number of fruits and vegetables you eat daily  
- Reading food labels to learn about added sugar and salt  
- Get moving! 60 minutes of daily exercise can be spent biking, walking the dog, or playing a sport  
- Limit your non-schoolwork screen time to less than 1 hour  
- Choose positive social media that doesn’t body shame

**Set a Goal today**: I will do ____________ (healthy goal) at least ______ (this many days a week) so that I can feel healthier and more confident!

**Food Education Resources**:  
ChooseMyPlate.com  
(MyPlate for Teens)  
Smart Phone Apps:  
Fooducate.com

**Mindfulness; Health & Wellness Resources**:  
teenhealthandwellness.com  
teenhealth.org  
Apps: Good Blocks (improved self-esteem and body positivity)  
Instagram: @theselfloveproject

**Exercise Resources**:  
Smart phone apps:  
MyFitnessPal.com  
Zombiesrun.com