



Teens + Eating Well

PATIENT EDUCATION



Hydrate

Portions

Food = Fuel

Fruits & Veggies

It's your choice

BARBARA WOODWARD LIPS
PATIENT EDUCATION CENTER



Your body — Your choices

Now more than ever before, you get to make a lot of important choices every day.

What you choose to eat and drink:

- Affects your body immediately.
- Will affect your energy and how you feel for the next 24+ hours.
- **Will affect your future body. Seriously. Even when you're in your 40s.**

What kind of body do you want for yourself when you're 20, 25 and 30?

You have the power and, yes, the responsibility to make the right choices right now.

The best reasons to care

when you eat and drink well, you could:

- Have more energy and feel less sluggish.
- Keep yourself at a healthy weight.
- Keep your brain and body working well.
- Meet the demands of your growth spurts.
- Keep your skin and hair looking good.

3 things you can do to fuel your body well



1. Stay hydrated. A healthy teen needs at least 48 ounces of water daily for the body to work well. That's about 2-1/2, 20-ounce bottles. Add a cup of low-fat milk to each meal too, to help your bones and muscles.

2. Eat lots of colorful fruits & vegetables. Processed foods — like puffed cheese snacks — may fill you up. But there's little nutritional value, and they have a lot of additives. Avoid those "empty calorie" foods. Eat colorful fruits and veggies (and natural grains) instead.

3. Think about how much you eat. The amounts (portions) of food shown on TV and given at restaurants are MUCH bigger than most healthy people need. See pages 7 and 8 for helpful portion information.

How to start

If you usually just grab whatever you find when you're hungry, you're likely to gain weight or not get enough of the nutrients you need.

Here's some tried-and-true advice about eating healthfully.

1. Make a plan.

Take a few minutes to think about how you eat and how you feel when you eat that way. If you usually skip breakfast and feel sleepy by 10 a.m., there's probably a connection.

Plan to eat 3 meals and a couple of healthy snacks daily.

2. Stick to your plan as best as you can.

Scout out the fridge at night for healthy breakfast foods. Tell your folks what you need to have on hand. Pack snacks — like a fruit or a bag of mini-carrots or celery.

3. No matter what, avoid skipping meals.

Food really does kick-start your brain and the rest of your body.



Cars need gas and oil to run well. Your body needs food and fluids on a regular schedule too.

“I’m hungry.”

“Are you suuuure?”

It’s easy to think you’re hungry — but you could be thirsty or bored.

When it’s mealtime, stop to eat a meal. But if it’s not time for another meal, could you be thirsty? Or do you just want something else to do? Could it be both?

Take a long drink of water and see whether your “hunger” goes away after a few minutes. If it doesn’t, try a piece of fruit and a change of scenery instead of reaching for cookies.

Hydrate!

All day long, your body needs water and other healthy fluids to help your organs and muscles work. Healthy fluids also help keep your temperature normal.

Most people should drink at least 48 ounces of healthy drinks per day. That’s about two and a half, 20-ounce bottles. Mix it up — get in some water and skim or low-fat milk. An occasional sports drink is OK.

The amount of fluid you need depends on your body size, your activity level and how much your stomach can hold comfortably.

P.S. “Healthy drinks” does not include regular or diet pop, energy drinks, tea or coffee, and alcohol, of course. (Yeah, you knew that. We were just double-checking.)



How do you eat?

You've been told many times that you shouldn't talk with food in your mouth, right?

So you **TRY** not to do that.

But has anyone told you to...

- > Turn off the TV and the PC and put away the cell phone?
- > Sit at a table to eat?
- > Eat slowly?
- > Put your fork or spoon down between bites?
- > Take a drink of milk or water between bites?

People who are distracted tend to eat faster and eat more than people who are focusing on the meal. Eating fast is really not a good idea. Here's why...

- > **It takes 20 minutes for your stomach to tell your brain that you've eaten** or you're getting full. Sitting at a table to eat tends to slow people down. This gives the brain time to get messages from the stomach. (And be sure to wait 20 minutes before you go for a second helping.)
- > **Sitting helps you focus.** And that may help you remember to go for the veggies and not for more pizza.



What do you eat?

There are 3 good rules about eating healthfully:

Eat for the right reasons.

Eat the right foods.

Eat the right amounts.

1. Eat for the right reasons.

Eat when you're hungry — when you need fuel to help your body grow and move and to help your brain work. Eat because you need healthy nutrients.

- Don't eat when you're thirsty or bored.
- Don't over-eat at celebrations.

2. Eat the right foods.

Have you ever heard of "eating a rainbow?" It reminds you to eat a variety of food every day.

- **Fruits:** Apples, oranges, blueberries, pears, cherries, grapes, and bananas are examples of good fruits. Try others too! Fruits have many nutrients that can help you avoid getting sick.
- **Vegetables:** Green beans, carrots, peas, celery, tomatoes, and squash are colorful examples of vegetables that have a variety of great nutrients.
- **Grains:** Whole wheat, buckwheat (that's really good in pancakes), barley, corn, oats, brown rice, rye, and wild rice are good examples of grains. Grains are a good source of fiber. And fiber helps keep you regular.
- **Proteins:** Lean meats, chicken, turkey, low-fat cheeses, and eggs are good sources of protein. These foods help your muscles stay strong.
- **Dairy:** Skim milk and yogurt are favorite dairy sources for many teens. Dairy foods supply us with calcium and vitamin D which help build strong bones.



3. Eat the right amounts.

Pay attention to what you're eating so you don't overeat. Eat only as much as you need to fuel your body.

When some people want to focus on portions, they pull out measuring cups and spoons. But you can use your hand and other common objects as guides to a serving size.

Cupped hand = 1 cup of dry cereal

Closed fist = 1 cup of raw or cooked vegetables or fruit

Deck of cards = 3 ounces of meat, poultry or fish

Tennis ball = 1 cup of carbohydrates/starches

Tip of thumb = 1 teaspoon of butter

Four stacked dice = 1 ounce of cheese



How much do YOU need every day?

- > **Fruits:** About 2 to 2.5 cups (servings) of raw or cooked fruits.
- > **Vegetables:** About 3 to 3.5 cups (servings) of raw or cooked vegetables. For leafy salad greens, 1 serving = 2 cups of leaves.
- > **Grains/carbohydrates:** Girls need about 6 ounces. Boys need about 8 ounces. For both boys and girls, at least HALF of those grains should be “whole grains.”
- > **Proteins:** Girls need about 5 ounces. Boys need about 6 to 7 ounces. One ounce of meat, poultry or fish = one ounce protein.
- > **Dairy:** About 3 cups. Good choices include low-fat or skim milk or yogurt. For yogurt, one cup (8 ounces) = 1 serving.

What's so important about nutrition labels?

You can get a lot of useful information in a quick look.

Key things to read:

1. Serving size. What you think is normal may be two or three times the serving size listed on the food label. And don't forget: Your serving size affects the number of calories and nutrients you eat.

For example, two breakfast toaster "tarts" are wrapped together in one package. That doesn't mean that two tarts = one serving. The label clearly shows them as two servings.

2. Calories. "Calories" are a measure of how much energy you get from a serving of the food. The number of calories you eat depends on the number of servings you actually eat (your portion).

You can use the Nutrition Facts label to help limit nutrients you want to lower and to increase nutrients you need more of!

Pizza

Nutrition Facts	
4 servings per container	
Serving Size	1/4 pizza (150g)
Amount per serving	
Calories	400
% Daily Value*	
Total Fat 19g	29%
Saturated Fat 9g	45%
<i>Trans Fat</i> 0g	
Cholesterol 35mg	12%
Sodium 770mg	32%
Total Carbohydrate 41g	14%
Dietary Fiber 2g	8%
Total Sugars 12g	
Protein 17g	
Vitamin D	0%
Calcium	25%
Iron	15%
Potassium 240mg	7%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

3. Nutrients for teens. Protein, calcium and fiber are HUGE needs for you right now. Nutrients to consume with caution are fat and sodium.

a. **Calcium.** Teens need about 1300 mg per day. Dairy is the easiest way to get this since it's the most calcium-dense food group. A milk or yogurt serving offers about 300 mg of calcium. If you get at least 3 servings of dairy per day, you'll likely meet your calcium needs.

b. **Protein.** Teens need about a half of a gram of protein per pound of body weight.

Roughly speaking, a 120-pound girl needs 60 grams of protein per day. A 160-pound boy needs 80 grams of protein. These are ball-park figures. If you eat a good variety of protein foods, you should meet your needs.

c. **Fiber.** Here's an easy way to remember your daily fiber need: "Age + 5." A 15-year-old needs $15 + 5 (= 20)$ grams of fiber per day. The best sources are whole grains (cereals, breads and pastas), fruits, and veggies.

d. **Fat.** Most teens should limit their intake at about 60 to 80 grams of fat per day. So if you're looking at something with more than 10 to 15 grams of fat per serving, be careful about your portion.

You can have pizza or French fries with 25 grams of fat per serving. Just know that if you eat two servings, you're eating about a full day's worth of fat with that food.

e. **Sodium.** One teaspoon of salt = about 2,300 mg of sodium. ONE LITTLE TEASPOON OF SALT is a full day's worth of sodium for most people.

Fast-food meals are almost always higher in sodium than meals cooked at home. No matter where you eat, be careful. Adding salt to your food could easily take you over your suggested daily amount of sodium. (Sodium makes your body hold water.)



All calories are not created equally.

Food with empty calories (sugar, too much fat, and little protein, vitamins and minerals) gives you a short boost of energy. And that's about all.

If you fill up on empty-calorie foods, you won't have room for foods that have the "good stuff" your body needs — nutrients that help you grow, perform well and feel good.

Remember growth spurts?



Do you think “growth spurts” only refers to your toddler and elementary years? Think again.

GIRLS: A typical girl usually begins her physical growth spurts around ages 10 or 11 and is just about done by 15 or so. She could grow an average of 6 to 7 inches and increase her weight by as much as 35 healthy pounds in those few years.


BOYS: A typical boy starts his physical growth spurts around ages 12 or 13 and usually keeps growing until around 19. He could grow as much as 12 inches and add as much as 60 healthy pounds in that time.

YOU: How fast and how much YOU grow depends on a lot of things, including heredity and your general well-being. Everyone is different.

If you get the right kinds of food and healthy drinks in the right amounts daily, and you get good exercise and sleep, you should get the most out of your body's physical growth plan.

Does food fun?

There's a natural connection. Having fun — from family meals to friend's parties — often includes some kind of food. *But the reverse is not necessarily true: Eating food isn't always about having fun.*



Eating is about giving your body the energy it needs to perform and grow well. If you want to make it fun by dotting your whole-wheat pancakes with a chocolate-chip smiley face, go for it. *But it's not such a great idea to eat only the chips.*

Are “enriched” foods good for you?

Yes and no. Food that has been “fortified,” “enriched with extra vitamins and minerals” or has “added fiber” isn't a bad thing. But it's not ideal to depend only on fortified or enriched foods to meet your nutrition needs.

Eat the “real deal” most of the time. Vitamins, minerals and fiber are best found naturally in fruits, vegetables and whole grains. What's more, if you eat the fruits, veggies and grains, you can get lots of other outstanding nutrients too. Bonus!

Food on the go

There are plenty of fast, healthy choices.

Breakfast

It's best to sit for even just a few minutes to eat breakfast. But if you know the next morning will be rushed, make breakfast portable. Set it by the door or in the 'fridge before you go to bed.

Try these quick, nutritious breakfast options*:

- Dry whole-grain cereal and a carton of yogurt
- A cheese or peanut butter sandwich and a piece of fruit
- Fruit and string cheese
- A granola bar and a glass of milk
- A whole-wheat bagel with peanut butter

* **Fiber and protein are great for breakfast because they stay with you longer.**

Snacks

Snacking on fruits and vegetables is an easy way to get your 5 daily servings.

- Fresh fruits and vegetables
- Yogurt or cottage cheese
- Cereal with milk
- Small sandwiches
- Peanut butter toast
- Frozen bananas or grapes
- Popcorn
- Mini-pizza (English muffin, pizza sauce, shredded cheese)
- Graham crackers and animal crackers
- Whole-grain muffin with fruit
- Peanut butter on celery sticks or apple wedges

Don't wait 'til you're super hungry to eat a snack. If you do, you'll be more likely to eat anything in sight!

Note: Schoolbooks may be made of paper, but they are not a good source of dietary fiber. Plan ahead to have a snack during a break in your day — after school, before practice...

Dinner

Try these fast ideas:

- Use a soft-shell tortilla to roll up chicken, tuna, pork, or beef with veggies and low-fat cheese.
- Make mini-pizzas with English muffins, pizza sauce and shredded mozzarella cheese. You could even break all the rules and use shredded *cheddar* cheese.
- If a family meal includes soup, ask that extra be made. Most homemade soups are nutritious and quick to reheat.
- Check the 'fridge. Leftovers can be fast, nutritious options.

Add a glass of milk and fruit or veggies to make a complete meal.

Healthy eating out

It's easy to get into the habit of eating on the run — or running through a drive-through. But food out of a vending machine or fast-food place doesn't always give your body the nutrients it needs. What you ARE probably getting is:

- Too many calories.
- Too much fat and sodium.
- Not enough vitamins or minerals.
- Not enough fiber.

French fries and soft drinks aren't 100% bad for you. They just aren't the best choices in the world.

Balance your nutrition. If you eat a fast-food meal, for at least the next meal (or the next day) try to eat healthier foods.

Fast food doesn't have to be unhealthy

- Snack on an orange, banana or some veggies before you head out the door. That will help fill you up so you don't over-eat unhealthy foods.
- Drink water or low-fat milk rather than soda.
- Try a salad and order the dressing on the side. Limit how much dressing you use.
- Order a burger or grilled sandwich and add lettuce, tomatoes and other good-for-you veggies. Go easy on the cheese, guacamole, bacon, mayonnaise, and "special sauce."
- Instead of French fries or chips, choose a baked potato, fruit or vegetables as side dishes.
- Order a fish or grilled chicken sandwich.
- Choose a small, hard-shell taco instead of a bigger shell or a stuffed, soft-shell version.
- Try a veggie or Canadian bacon pizza instead of sausage or pepperoni. Avoid extra cheese and buttery bread sticks. Limit yourself to just 1 or 2 pieces of pizza.
- Try low-fat, soft-serve ice milk for dessert. This is typically used for "ice cream" cones at fast-food places. Go easy on rich desserts, especially shakes and malts with added treats.
- Don't use eating out as an excuse to go wild with high-fat or sweet foods.

Eating out is OK. Just make good choices that will help you get balanced nutrition during the day.

Exercise, sports and nutrition

Regular exercise is important for your health. In fact, getting regular exercise helps you feel good about yourself, your body size and your shape.

You don't have to be part of a school or neighborhood sports team to get good exercise.

- > Walk or ride your bike to school.
- > Walk a dog.
- > Dance. Swim. Jump rope.
- > Rollerblade or ice skate.
- > Play tennis or shoot baskets.
- > Use a DVD, X-Box™ or Wii Fit™, for example, to help you exercise at home.
- > Use an elliptical machine, treadmill or stationary bike while you watch TV.

Carbohydrates

Carbohydrates, or carbs, are the main source of fuel for your muscles. But your body is only able to store small amounts of carbs at any given time. After a workout, eat a carbohydrate serving during your next meal.

Healthy carbohydrates are found in:

- > Fruits and vegetables.
- > Milk.
- > Cereal, pasta and grains.



Protein

If you're on a sports team, you may need a little more protein during heavy training. The best way to get more protein is through good food choices.

Many school athletes believe that a high-protein diet or using amino-acid supplements will increase muscle mass. That's not always true.

For most average teens, taking protein supplements is not a good plan. Too much protein makes your kidneys work really hard. And that could lead to dehydration and kidney problems.



Fluids, fluids and more fluids

If you're on a sports team, consider this:

- ~ Drink 1 to 3 cups of fluids, preferably water, up to two hours before an event.
- ~ Drink 1 to 3 cups of fluids 15 minutes before a competition or workout.
- ~ Drink 1/2 cup of fluid every 15 minutes during exercise if you're exercising more than 30 minutes.
- ~ Don't wait until you're thirsty to drink fluids. By then, you're probably starting to get dehydrated.

Remember: If your urine is clear or not very yellow at all, you're getting enough fluids during the day. If your urine is yellow or gold, be sure to drink more water.



Vitamins and minerals

Eating a variety of foods with a healthy amount of calories usually gives you the vitamins and minerals most teens need. If you're a year-round athlete, you may need some extra vitamins and minerals.

Note: Large doses of vitamins and minerals can be harmful to the body! If you're taking anything other than simple daily vitamin, check with your doctor about whether you need the extras.

Two minerals you should know about are iron and calcium.

1. Being too low in iron is a risk for teen athletes.

Typically, you can get enough iron if you usually eat:

- Lean red meat, chicken and fish.
- Whole grains.
- Breakfast cereals that are labeled as "fortified." This means they have extra vitamins, especially iron.
- Legumes — lentils and dried beans, like chili beans, black beans and kidney beans.

2. For calcium, get in 3 to 4 glasses of low-fat milk or servings of yogurt each day. Cheese and cottage cheese are good sources of calcium; go for the low-fat options. Milk, yogurt, cheese, and cottage cheese are good sources of calcium AND protein.

Not only do your bones need help during your teen years. But the calcium you get now will be the supply your body uses for years to come!

Sports drinks vs. energy drinks vs. water

Sports drinks have a lot of electrolytes and may have a lot of sugar in them. Those ingredients are meant to give you a boost of energy and to replace the fluids and electrolytes lost during INTENSE activity. But if you haven't been working out, if you're just thirsty, these drinks aren't going to help you any more than water would.

Energy drinks have a lot of caffeine and sometimes sugar. Those ingredients may give you a fast energy boost. But depending on exactly what's in the drink, it could lead to an energy "crash" an hour or so later. Worse yet, a lot of caffeine can make your heart work harder than it should — and that's hard on the ol' pumper.

Water may not give you the same boost as caffeine or sugar. But when you add water to the body, it gets into your cells — including your brain — and that can perk you up. So grab a reusable water bottle and look for cool water fountains during the day.



Do you need a multivitamin too?

The best way to get your nutrients and minerals is to eat 3 regular meals + snacks — and be sure you eat daily from all food groups. Remember especially those fruits and veggies that sometimes get left behind in a teen's diet.

If you think you miss out on some of your nutrients every day, taking a typical multivitamin might help. You don't need fancy vitamins. Even a child's chewable vitamin with iron will do.

Be healthy at a healthy weight

During your teen years, you get all kinds of messages about food, body weight and body image. It can be hard to know what kind and how much food you need to grow and be healthy and active.

As you probably know, being overweight can come from not getting enough physical activity or exercise and having poor eating habits. Being underweight is unhealthy too.

Your healthy body weight depends on your:

- **Age.**
- **Phase of growth.**
- **Bone structure.**
- **Muscle development.**

If you're not sure whether you're at a healthy weight, ask your parent or your doctor or a registered dietitian. If you're not at a healthy weight, try to get there safely. That means no crash diets, fad diets or nonstop exercising. Eat well and exercise a bit more. ***A healthy body weight can help you look good and feel good.***

Go local for your food

Check out your local farmer's market in the summer. Or find food cooperatives and health-food stores that buy from area farmers and other producers.

When you have to go to a bigger grocery store, stick to the outer edges of the store for most of your food needs. That's where the **fresh** foods and drinks are, like fruits and vegetables, milk and cheese, meat, poultry, fish, and eggs.



Vegetarianism

Vegetarians make a choice to get their nutrients from food sources other than meat. They may also choose to exclude other foods that are related to animals, like fish, milk, eggs, and cheese.

Vegetarians may choose this because of their religious beliefs or their families' lifestyles, due to health concerns, or for other reasons. But **vegetarians still have the same nutrition needs as everyone else.**

Vegetarian teens need to pay attention to the amount and kinds of foods they choose. It's especially important to get enough protein, calcium and iron.

If this is a lifestyle you choose to consider, talk to your doctor or to a dietitian to be sure you're getting enough of the kinds of foods you need every day. Talk to your parents or other adult family members too. This health choice will affect you now and for many years to come.

What's a "meal"?

A "meal" may be different from person to person and even from day to day. It does not have to:

- Take a long time to make.
- Be eaten at specific times of the day, like 7 a.m., noon and 6 p.m. on the dot.

Eating a meal is more about getting all the right kinds of fuel into your daily meal plan — in a schedule that works for you. It depends on your needs at the time.

Some people eat 3 regular meals and that satisfies them.

Other people eat 3 meals and a snack at mid-morning and mid-afternoon.

Other people eat 5 small meals on about the same schedule as 3 meals and 2 snacks.

Usually, a meal has at least 3 of the 5 food groups: fruits, vegetables, protein, grains, and dairy. For example, a meal might be a ham sandwich and a carton of yogurt. A snack may be 1 food group, such as a large piece of fruit, or it could be 2 food groups, such as whole-grain crackers and cheese.

Get into a routine:

- > Eat within about 2 hours of waking. Your brain and body need the fuel.
- > Try to eat at roughly the same time every day. Your body really does learn your feeding schedule. It will get hungry if not fed when it's used to being fed!
- > Do what fits your life today. If you have a tough schedule right now, getting 3 meals per day may have to work. If you have more time next month or next semester, try to get in a couple of snacks too.

Remember to hydrate!

- Meal time is a great time for skim milk. Calcium is absorbed by the body better when there's food with it.
- Carry an earth-friendly bottle so you can sip water throughout the day. Your cells need the hydration even when you may not notice that you're thirsty.





TOP

10

things to remember about eating healthy

- 1 "Puffed" food is not real food. Not even when it's the color of carrots. Eat colorful, nutritious foods like vegetables and fruits. *Note: Carrot cake, candy "corn" and vegetable-fruit drinks don't count either.*
- 2 No matter how much you like Mom's mashed potatoes, eating a portion as big as your head is not a good idea. Use your hand to help you manage your mouth. (See page 7.)
- 3 Try to eat on a semi-regular schedule. Your body may not be a car, but it needs a steady supply of fuel if you want it to run well. Plan ahead. Keep healthy snacks with you.
- 4 You don't have to live in an ocean to be well hydrated. Plan to drink enough water and milk every day.
- 5 Eating well and staying hydrated help your body immediately. (Think skin, hair and all those organs.) Eating and hydrating will also help your body for *decades to come*.
- 6 Eat for the right reasons. Eat for fuel. Celebrations and eating out are not good reasons to *pig out*. Boredom and thirst aren't good reasons to eat either.
- 7 Food has a way of sneaking in when you're not paying attention. Eat sitting down. (No, not when you're driving.) Eat slowly. Eat wisely.
- 8 Know how to read a food label and do it often. The serving size, calories and nutrients (or lack of) may surprise you.
- 9 Shop for food locally when possible. The food is more likely to be fresh and less processed. *You could even plant a garden with your family and save some \$\$ on all those vegetables.*
- 10 If you've read most of this brochure, you're WAY ahead of your peers when it comes to being smart about your body and your food choices. Be a good role model for your friends and family. *Try to make good food and drink choices every day!*

BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal patient of Mayo Clinic for more than 40 years. She was a self-made business leader who significantly expanded her family's activities in oil, gas and ranching, even as she assembled a museum-quality collection of antiques and fine art. She was best known by Mayo staff for her patient advocacy and support.

Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. Mrs. Lips had a profound appreciation for the care she received at Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

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