



HEALTHY TIPS FOR TEENS

FROM MELISSA OISHI, HEALTHY FUTURES DIETITIAN



FRUITS/VEGETABLES/SNACKS

1. **Choose fruits and vegetables at school lunch and breakfast.** Aim to fill half your plate with fruits and veggies. Try the salad bar.
2. **Skip the fries and choose apple slices or fruit and low-sugar yogurt instead.**
3. **Rethink your on-the-go snack options.** Gas stations typically have bananas and apples available. Grab a packet of nut butter or a string cheese and you'll have a filling, healthy snack. Hummus cups and yogurts are usually available too. (You can also try making your own healthy hummus. Get the quick and simple recipe at ShapeYourFutureOK.com.)
4. If you're still hungry after a meal, **choose vegetables for 2nd portions to help fill you up.**

MEAL PLANNING

1. **Plan your breakfast the night before**, or even the week before, by making your own frozen burritos or breakfast sandwiches at home with your parents. Get a few quick and easy breakfast ideas at ShapeYourFutureOK.com.
2. **Choose whole wheat toast** with peanut butter or avocado on top. Whole grain waffles with nut butter are also quick, easy and filling.
3. **Grab a piece of fruit** on your way out the door, such as bananas, oranges or apples.
4. Take advantage of school breakfast but **skip the juice!** Grab a pint of low-fat milk instead.

SUGAR-SWEETENED BEVERAGES

1. **Rethink your drink!** The American Heart Association recommends no more than 25 grams of added sugar per day for kids and adolescents. Common drinks that include added sugars are soda, juice, Gatorade, flavored milks (strawberry and chocolate milk), sweet tea, flavored coffees energy drinks and lemonade. Use the Shape Your Future sugar calculator to see what's in your drink.
2. **The healthiest drink to choose is water.** It not only hydrates and refreshes your body, but it can help you focus too.
3. **Use a water bottle at school and refill it** throughout the day. It will save you money, calories and sugar. You can even flavor your water with frozen fruit to keep it cold.
4. **Choose diet soda or zero-calorie flavored waters** with no added sugar.
5. Simple swaps for better hydration:
 - **Gatorade Zero or Powerade Zero** instead of regular Gatorade and Powerade.
 - **Diet soda** instead of regular soda.
 - **Plain white 2% milk** instead of chocolate or strawberry milk.
 - **Try sugar-free add-ins for your water** instead of drinking juice.
 - **If you drink coffee, choose sugar-free syrups or lite options** instead of regular coffee drinks. If you drink lattes, ask for skim milk rather than whole milk.

For more easy ways to swap up your nutrition, **check out SwapUpOK.com.**



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