A Well-Balanced Diet is Essential to a Healthy Body

"Start Each Day with a Healthy Breakfast!"

1. **The teen growth spurt** is one of the most dramatic, rapid changes that the human body experiences. To support this major transition, the body requires increased calories and nutrients. During the year of the greatest growth in height (about age 12 in most girls and age 14 in most boys) the average female requires 2,400 calories per day and the average male needs between 2,800 and 3,000 calories per day. Learn to monitor your overall caloric intake to ensure you are getting the calories you need.

2. **Eat your fruits and vegetables.** They are great choices for healthy snacks, and can calm your cravings for sweet or crunchy foods. Fruits and vegetables are good sources for fiber, vitamins and minerals. Try to get 5-9 servings daily.

3. **Fat-free does not mean calorie-free.** Overeating even fat-free foods can cause weight gain.

4. **Give food the attention it deserves.** Take time during your meals; eat slowly, relax and enjoy your food. Re-charge mentally while you re-fuel physically.

5. **Don't skip meals.** You need to fuel your body throughout the day for optimal energy and performance. Skipping meals can have numerous negative effects on your healthy lifestyle. It can make you so hungry that you overeat at your next eating break, and chances are you won't eat as healthy as you should, either. Skipping meals can affect your productivity, concentration, and energy level throughout the day. Check out types of food and how much of each you should be eating at: http://kidshealth.org/teen/food_fitness. Make time, and even schedule times, to eat throughout the day.

6. **Eat in moderation.** Only serve yourself as much as you can eat, and stop eating when you feel full. Eat all foods in moderation.

7. **Read the food labels on the products you are buying.**

Choose healthy snacks instead of ones high in fat, sugar and empty calories.

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