Nutrition for Healthy Teens

Did you know that during your teenage years, your body is still growing and developing? Here are some facts about good nutrition for a healthy body:

- Strict dieting can actually prevent growth. Your body needs calories and nutrients to grow and mature.
- Feeling too tired? Make sure meals are well-balanced to keep your active, growing body in good shape. Nutrients and calories are needed to help your body run.
- Don’t skip meals. Your body needs constant energy to help you get through a busy day.
- To have healthy and strong bones, it is important to get as much calcium as you can in your teens. Your body will thank you when you are older.
- Eating a lot of sugar can give you quick energy, but won’t help your body as you go through the day.
- Proper nutrition can help your body look and feel its best!

Snack Ideas

Snacking can be a great way to meet your calorie needs during the day. It is important that you choose healthy snacks. Your body needs to get the most nutrition it can from the foods you choose. Keep the Food Guide Pyramid in mind when snacking. Choose foods from the bottom of the pyramid first. Snacks from the top of the pyramid can be chosen occasionally. Here are some great snack ideas:

- Low-fat granola
- Dry cereal with dried fruit
- Popcorn
- Pretzels
- Bagels with cream cheese
- Grilled cheese sandwich
- Crackers with peanut butter
- Taco or tortilla with refried beans
- Soup with crackers
- Yogurt with granola
- Fruit milkshake
- Fruit with yogurt dip
- Veggies with dip
- Dried fruit
- Fruit or vegetable juice
- Cottage cheese with fruit
- Tuna fish sandwich
- Lunchmeat and cheese roll-ups
- Nuts and seeds

Healthy Eating for Teens
Karen Bergs, R.D.

Food Guide Pyramid

If you are an active teen, you need the following number of servings every day to stay feeling your best:

- Bread Group: 9-11
  - Bread – 1 slice
  - Rice or pasta – 1/2 cup
  - Cold cereal – 1 oz.
  - Cooked cereal – 1/2 cup
- Vegetables: 4-5
  - Raw – 1/2 cup
  - Cooked, canned or frozen 1/2 cup
  - Raw leafy – 1 cup
- Fruits: 3-4
  - Juice – 3/4 cup
  - Dried fruit – 1/4 cup
  - Canned or frozen – 1/2 cup
  - 1 medium fruit
- Milk Group: 2-3
  - Milk – 1 cup
  - Yogurt – 1 cup
  - Cheese – 1/4 cup grated
- Meat Group: 2-3
  - Egg – 1 each
  - Meat – 2 to 3 oz.
  - Cooked dry beans – 1/2 cup
  - Peanut butter – 2 Tbsp.

Snacking can be a great way to meet your calorie needs during the day. It is important that you choose healthy snacks. Your body needs to get the most nutrition it can from the foods you choose. Keep the Food Guide Pyramid in mind when snacking. Choose foods from the bottom of the pyramid first. Snacks from the top of the pyramid can be chosen occasionally. Here are some great snack ideas:
No Time for Breakfast?

Do you keep hearing that breakfast is the most important meal of the day? Well, it is true. Your body needs the extra nutrients to help you do your best. Here are some quick ideas for breakfast:

- Fruit & yogurt shake
- Instant Breakfast drink
- Yogurt with granola
- Low fat waffle
- Whole wheat toast with peanut butter
- Low fat granola
- Cereal with milk and fruit
- Bagel with cream cheese
- Apple sauce
- English muffin with jam

Eating Out?

Eating out with your friends is a fact of life. Here are some tips on how to choose healthy alternatives when eating out:

- Avoid “super-size”. Go for smaller portion sizes.
- Look for chicken or fish that is grilled or baked instead of fried.
- Ask for your sandwich without cheese, mayonnaise or other high fat dressings.
- Check out the salad bar. Go easy on high fat toppings such as cheese, salad dressings, potato salad, creamy pasta salad, nuts and seeds.
- Split your order with a friend. Restaurants usually serve very large portions.
- Stay away from all-you-can-eat restaurants and buffets. You will probably eat more than you normally would.
- Remember moderation is the key! Try to make eating out an occasional treat.
- Beware of extra crispy. Extra crispy usually means extra fat.

Tuna Quesadillas  
Serves 4

- 1 can water packed tuna, drained
- 1 Tbsp. light mayonnaise
- 4 flour tortillas
- 1/2 cup grated low-fat cheddar cheese

Mix tuna with mayonnaise.**

**Microwave**: Spoon filling onto half of each tortilla. Top filling with cheese and fold tortilla in half. Microwave on high for 60 seconds. Turn the plate halfway through cooking time.

**Stove**: Divide mixture onto two tortillas. Top with cheese and the remaining two tortillas. Sprinkle with non-stick cooking spray. Brown quesadillas on both sides. Cut in half before serving.

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Serves Per Container 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>213</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>85</td>
</tr>
<tr>
<td>Total Fat</td>
<td>6g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>7%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>47g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>16%</td>
</tr>
<tr>
<td>Sodium</td>
<td>677mg</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>28%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>18g</td>
</tr>
<tr>
<td>% Daily Value</td>
<td>23%</td>
</tr>
</tbody>
</table>

| Vitamin A          | 5%                    |
| Vitamin C          | 48%                   |
| Calcium            | 15%                   |
| Iron               | 23%                   |

Sources:


Ponichtera BJ.  *Quick and Healthy Volume II*. Dalles, OR; Scale Down Publishing; 1995.