



Why we should all be active and eat veggies and fruits every day?

- ❖ To feel healthy - it gives us self-esteem
- ❖ To help us concentrate and do better at school
- ❖ To lower risks of obesity, type 2 diabetes, heart disease...

BE ACTIVE!



- ❖ Exercise at least 60 minutes every day
- ❖ TV and video games are your rewards after sports and school activities are out of the way
- ❖ Don't forget to help your family with the dinner preparations

GET IN CONTROL of what you're eating and drinking

- ❖ Cooking is fun and it costs less than dining out
- ❖ Choose water and low-calorie beverage instead of sugar-sweetened drinks
- ❖ Treat yourself with a soda, ice cream or other sweets once in a while for special occasions
- ❖ Learn to read the Nutrition Facts Label on the food and drinks you buy

Nutrition Facts	
about 6 servings per container	
Serving size	1 cup (140g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 16g	
Includes 8g Added Sugars	16%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 1mg	6%
Potassium 240mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Find the serving size.

One container isn't always one serving. This container has 6 servings. Eating the whole container is 1,020 calories!

Limit sugar
watch for added sugars.

Read ingredients label.
Look for ingredients that sounds like real food and that you can pronounce

Active teenagers need 2,500 to 3,500 calories a day

You are what you eat!

Bad diet leads to _____

fatigue **poor focus** bad mood **sleep trouble** headaches

Healthy snacking is an important part of an athlete diet

Snack to _____

Fuel for sports activities Improve muscle recovery **Better sleep**
Boost mental performance **Help manage weight**

HEALTHY SNACKS

vs.

TREATS

LIGHT

Fresh Fruit Dry Cereal low-fat yogurt
Veggies granola bar raisins

MODERATE

Peanut butter trail mix fruit bar
milk hummus and veggies

HEAVY / mini meal

Sandwich Grilled chicken Omelet
Bagel Lean deli meat Cheese and crackers

Pastries

Processed food

Fried food

Candies

Chips

*Indulge yourself once
in a while, not every day
and after exercising*

Make every sip count

Go for no added sugar - Limit Juice

DRINK LESS OFTEN		CALORIES
20oz	non-diet cola	227
8oz	Chocolate Milk	208
16oz	sweetened lemon iced tea	180
12oz	Apple Juice	180
12oz	Orange Juice	168
20oz	Sports Drink	165



Drink Milk to build strong teeth and bones

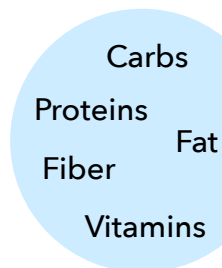
DRINK MOST OFTEN		CALORIES
8oz	WATER	0
8oz	2% Milk	120
8oz	1% Milk	105
8oz	Fat Free Milk	90
8oz	Whole Milk	150
8oz	1% low-fat chocolate milk	158
8oz	2% low-fat Chocolate Milk	190



Choose water to stay hydrated

Reduce your calorie intake by thinking about what you drink as much as what you eat

In your plate every day



what?	CHOOSE	LIMIT
Carbs	Fruit and Veggies	potatoes and french fries - fruit juice and smoothies
Proteins	Eggs, Fish, Poultry, Nuts and Seeds, Beans and Peas	red meat (beef, pork, lamb) - processed meat (burger, bacon, hot dogs, sausages) - protein supplements
Fat	Healthy oil from plants (olive, canola, corn, sunflower)	butter
Fiber	Fruit, Dry cereals, Brown rice, Quinoa, Whole grain pasta	white rice - bread - egg pasta - pizza crust
Vitamins	Calcium and Vitamin D for dairy products = milk, yogurt, cheese	

Leave high-sugar and high-fat at the store!