

Teen Food & Fitness

Healthy Ideas for Middle and High School Students

March 2015

Central Islip Union Free School District
Lawrence S. Philips, Director of PE, Health & Athletics

FAST TAKES

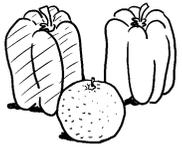


Going beyond weight

Losing weight isn't the only reason to celebrate getting healthier. Cheer on your teen for "non-scale victories," too, like being able to move a bookshelf without help because he has strengthened his arm muscles. Taking the focus off weight loss might encourage your child to stick with his healthy routines.

Did You Know?

Red and yellow bell peppers are terrific sources of vitamin C. Along with oranges, other top vitamin C choices include papaya, guava, broccoli, cauliflower, strawberries, pineapple, kiwi, mango, and kale.



So when your teen feels a cold coming on, adding any of these foods to her diet could help.

Appetite and ADHD medicine

If ADHD medications are suppressing your child's appetite, try to get him to eat a healthy meal or snack before taking his medicine. Also, encourage him to have foods rich in nutrients rather than junk food or liquids that will fill him up. *Note:* If you're concerned he's not eating enough, talk to his doctor about adjusting the dosage.

Just for fun

Q: What has a big mouth yet never speaks?

A: A jar.



Fast food: Better choices

Your teenager could easily eat all the calories she needs in a day during just one fast-food meal. Or she can make much better choices, feel and be healthier, and still enjoy a meal out with her friends! Share these strategies for navigating fast-food menus and coming out ahead.



Gather information

Encourage your child to look up nutrition information for her favorite fast-food places. Facts can be found online, in apps for individual restaurants, in brochures, or on menu boards. She may experience sticker shock when she sees the calorie and nutrition counts for items she regularly orders—and be inspired to find better options.

Suggest that she forget the burger-fries-soda package and use the nutrition information to design healthier meals for herself.

Save it

Once she comes up with her own choices, she should record them on her phone or in a pocket notebook. That way, when she pulls into a fast-food place on a busy day, she'll know what she wants, and she won't be tempted to revert to her old calorie-laden selections. *Tip:* She could add reminder notes, such as "Hold the sauce" or "Eat only half the bun." ♣

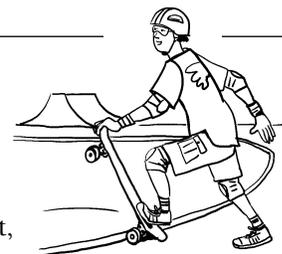
Make your own combo

Kids like combo meals because they require fewer decisions and look like a good value for the money. But they're not a good value for your teen's health.

Outdoor safety

As the weather warms up, your teen or tween is more likely to head outdoors for workouts. Help him stay safe with these suggestions:

- Make sure he has—and uses—the right equipment. Sturdy, well-fitting sneakers, skates, or cleats are a must. Then, depending on the activity, he might need a helmet, knee and elbow pads, and sunglasses or safety goggles.
- Daytime makes it easier to see where he's going and for others to see him. If he does exercise after dark, he should wear bright clothing and reflective patches.
- Help your teen map out safe routes for biking or running and find basketball or tennis courts in safe areas.
- Have him carry ID and a phone for emergencies and avoid using headphones in or near traffic. ♣

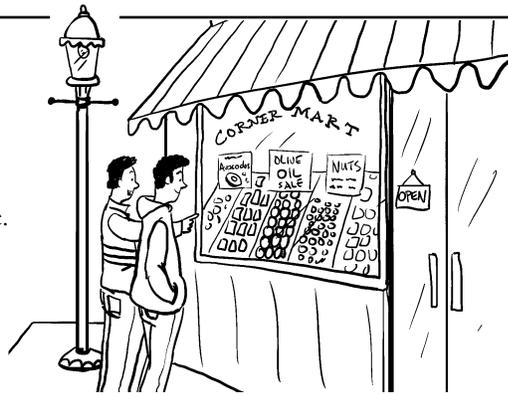


Nutrition myths busted

There are lots of nutrition myths out there. We debunk three popular ones below.

Myth #1: Carbs

Low- or no-carbohydrate diets don't work faster and aren't better for you than other diets. People on low-carb diets might lose weight, but that's likely because they're cutting out processed snacks that are high in carbs. In fact, healthy carbs such as fruit and whole grains are part of a balanced diet.



Myth #2: Fats

All fats are not bad. Saturated fats are indeed not good for your heart, but unsaturated or monounsaturated fats are heart-healthy. Healthy fats are found in plant-based foods like olive oil, avocados, and nuts. Saturated fats are found mostly in meat and dairy products and in processed foods like margarine.

Myth #3: Chocolate

While many people think chocolate causes acne, research has never proven that link. In reality, cacao (the main ingredient in chocolate) is high in antioxidants and can be good for your skin. But choose dark chocolate—the higher the percentage of cacao, the more antioxidants it contains. ♥

ACTIVITY CORNER

Take it from the pros

Pass on these tips from athletes to encourage your tween or teen to reach her fitness goals.

Warm up, cool down. “Any workout should be sandwiched between a warm-up and a cool-down. Together, they help prevent injuries and get your body ready for what it's about to do next. Try walking slowly for 5–10 minutes before and after your workout.”



Hydrate right. “The best way to prevent dehydration is to drink plenty of water all day long. Keep a water bottle on hand during exercise as well.”

Work on technique. “Pick a few moves for your sport or a few exercises to work on, and pay close attention to your technique. Watch videos online, and seek advice from your coach, a PE teacher, or a more experienced friend.” ♥

OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
540-636-4280 • rfeustomer@wolterskluwer.com
www.rfeonline.com

Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.

ISSN 1935-8865



Q & A Protein for vegetarians

Q: My son wants to become a vegetarian. How do I make sure he gets enough protein?

A: If your son is thinking about going meat-free, it will help if he learns about sources of protein.

Complete proteins are found in animal foods, while incomplete proteins are found in plant foods. To get the benefits of complete proteins—which have the building blocks needed for good health—he can combine two protein-rich plant foods. A good guide is to create dishes from two or more of these categories: grains, legumes, seeds and nuts, and vegetables.

For example, he might have black beans and brown rice, lentil-barley soup, and spinach salad with almonds. Encourage your son to shoot for about 70 grams of protein a day. ♥



In the Kitchen Pizza, please!

Satisfy your child's craving for pizza with these interesting twists.

Pita calzone

Slice a whole-grain pita along its edge so the toppings can go inside. Stuff with 2 tbsp. salsa, sliced mushrooms, black olive halves, and 1 tbsp. crumbled feta cheese. Bake at 350° for 10 minutes.

Mushroom “crust”

Scoop out the inside of four large portabella mushroom caps. Fill with pizza sauce, shredded mozzarella cheese, diced onions,

chopped spinach, and a sprinkle of dried basil. Place on a roasting pan coated with nonstick spray. Bake at 400° until the cheese melts, about 15 minutes.

Hawaiian pizza

Spread a thin whole-grain pizza crust (frozen, thawed) with ½ cup marinara sauce. Top with ½ cup chopped ham, ½ cup shredded mozzarella cheese, and ½ cup chopped pineapple (fresh or canned and drained). Bake at 400° for 15–20 minutes. ♥

