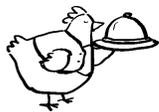


# Teen Food & Fitness

Healthy Ideas for Middle and High School Students

November 2013



## FAST TAKES

### Smarter shopping

If your teen goes into a grocery store when he's hungry, he's more likely to buy higher-calorie food. Suggest that he avoid grocery shopping on an empty stomach. He could go after a meal, or he might have an apple or another healthy snack before heading to the store.

### Halftime walk

Encourage your tween to mix in a little exercise when she attends sporting events. Instead of getting a hot dog during halftime or between periods, she can walk around the field or gym a few times with friends. Or they could go up and down stairs or bleachers (away from busy sections).



### Did You Know?

Cottage cheese keeps you feeling full longer because it contains casein, a protein that takes more time to digest than other proteins. Plus, 1 cup of low-fat cottage cheese has as much protein as 3 ounces of chicken. *Tip:* Divide cottage cheese into 1-cup servings. Top with granola or stir in chopped vegetables for on-the-go snacks.

### Just for fun

**Q:** When you pass the second-place runner in a race, what place does that put you in?

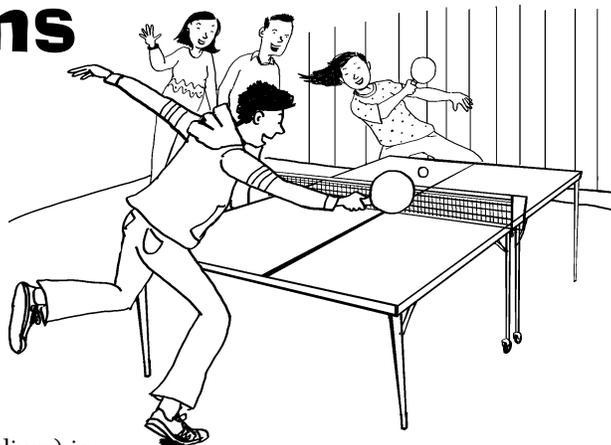
**A:** Second place!



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

## Healthier family traditions

This year, consider setting a goal to have a healthier holiday season. You'll find it easier when you do this as a family—and everyone will have more energy and feel better for the busy weeks ahead. Try these strategies.



### Cut fat in recipes

Use chicken broth (low-sodium) in place of butter in stuffing, mashed potatoes, gravy, and other savory dishes. For sweets, swap out part or all of the oil with unsweetened applesauce or nonfat yogurt. *Idea:* Go crustless with your pumpkin pie by serving it as custard in small individual bowls.

### Play instead of watching

Start a family tournament of touch football, Ping-Pong, or another favorite activity. Keep a running score from November through December, and crown

the winner on New Year's Day! *Tip:* Invite another family to join your tournament, and play your family vs. theirs.

### Rethink get-togethers

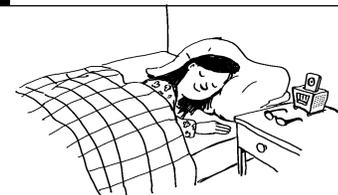
Instead of making food the main draw for holiday gatherings, focus on spending time together. You might ask each person to bring a game rather than cookies or cake. Then, serve healthy snacks like cranberry-orange salsa with baked chips, cups of salad with pumpkin vinaigrette, or cranberry-walnut low-fat mini muffins. ♡

## More sleep = better nutrition

Not getting enough sleep often leads to poor food choices like eating fattier foods, snacking more, and ignoring fruits and vegetables. Point out that connection to your child, and review these ideas for getting better zzzs:

- **Limit caffeine.** Have her cut out coffee, caffeinated tea, and chocolate after dinner. Caffeine is a stimulant that often affects sleep.
- **Avoid eating close to bedtime.** Digesting food can keep your teen from sleeping soundly. Suggest that she not have any snacks an hour before bed.
- **Get in a habit.** A set bedtime makes it easier to fall asleep and wake up at the same time each day.

*Note:* Middle and high school students need 9–10 hours of sleep a night. ♡



# Becoming a vegetable fan

Your teen already knows that vegetables are good for her. But she still may not like them. Help her add vegetables to her diet with these tips.

**Appetizers.** If you leave out a plate of vegetables before dinner, chances are she'll eat them. Try raw green beans or celery for their satisfying crunch or grape tomatoes for a burst of flavor. Or you could slice zucchini or jicama into spears. *Tip:* Serve with a low-fat onion dip (stir onion soup mix into plain Greek yogurt).



**Add-ins.** Show your child that vegetables aren't just a side dish—they can be part of the entree, too. For instance, suggest that she top pizza with asparagus, swirl cooked sweet potato cubes into spaghetti, or put sliced mushrooms or cucumber in turkey sandwiches.

**Purees.** Encourage her to experiment with pureed vegetables in foods she already likes. She might mix pureed carrots into chili or layer pureed broccoli into taco or enchilada sauce, for example. *Note:* Have her puree cooked vegetables with a food processor or blender, or she could mash them up with a fork. ●

## ACTIVITY CORNER



## Towel exercises

Look no further than a bath towel for an easy way for your tween to work out at home. Here are three exercises he can try.

**1. Back press.** Roll up a towel. While standing, hold the towel above your head with your arms straight up. Keep the towel taut as you lower your arms, bending at the elbows, to bring the towel behind your neck. Repeat 10–12 times. *Note:* Don't tense your neck.

**2. Waist twist.** Sit on the floor with bent knees, and lean back. Grip a rolled-up towel with your arms straight out, and twist your upper body right and then left. Aim for 20 reps.



**3. Tricep extension.** Standing, grip one end of a towel in your right hand, reach up, and let the towel dangle over your back. Grab the bottom of the towel (about  $\frac{3}{4}$  of the way down) with your left hand. Pull the towel down with your left hand and back up to the start position with your right hand. Do 12 reps. ●

## PARENT TO PARENT

### Always hungry

My teen, Jasmine, recently started saying she was always hungry—and she was worried she would put on weight if she kept eating. I reminded her that the doctor said at her checkup that her appetite would shoot up as she went through growth spurts.

Jasmine asked her volleyball coach for healthy snack ideas and came home with a good list. Her coach suggested whole grains like popcorn and multigrain cereal, dairy products such as low-fat milk and yogurt, proteins like hard-boiled eggs and sunflower seeds, and, of course, fruits and vegetables.

She keeps the list in her phone, and now Jasmine knows what to grab when she's hungry. She feels better knowing she's following a plan, and I hope she won't be as concerned about gaining weight. ●



## In the Kitchen

### It's a wrap!

Wraps are a quick way to whip up a nutritious meal. Each of these is designed to roll—and go.

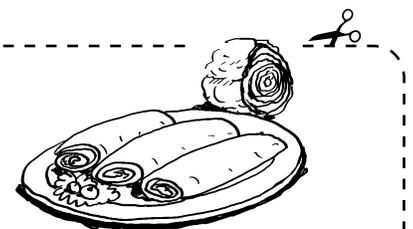
*Note:* Each recipe makes 4 servings.

#### Shrimp Caesar salad

Mix 1 lb. chopped, cooked shrimp with 2 tbsp. light mayonnaise, 3 tbsp. lemon juice, and  $\frac{1}{2}$  tsp. garlic powder. In a spinach tortilla, place  $\frac{1}{4}$  of the shrimp mixture, shredded Romaine lettuce, and grated Parmesan cheese.

#### Southwest chili

Stir 1 cup cooked brown rice with 1 can drained corn, 1 can beans (rinsed), 1 tsp. cumin powder,  $\frac{1}{2}$  tbsp. chili



powder,  $\frac{1}{2}$  tsp. onion powder, and 1 diced red bell pepper. Spread onto 4 sun-dried tomato tortillas, and sprinkle with low-fat Monterey Jack cheese. Serve with salsa.

#### Barbecued chicken

Toss 1 lb. cut-up cooked chicken with  $\frac{1}{4}$  cup barbecue sauce. Divide among 4 whole-wheat tortillas, and add a handful of shredded cabbage (or bagged coleslaw mix). ●

## 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