

# HEALTHY EATING for Teens



Guidelines for teens 13 to 17 years old



All plans offered and underwritten by Kaiser Foundation Health Plan of the Northwest.  
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Your body and mind are growing and changing a lot. You need healthy foods and exercise for strength and energy.

## BECOME A HEALTHIER TEEN

- Part of growing up means taking care of your health. This includes eating well and exercising so you can be strong and healthy.
- Your body is going through many changes. It's important to have positive thoughts about your body.
- Some teens think they have to look like models – really thin or really muscular – to be accepted. Very few people really look like that. You can be healthy and find a look that fits you. Try not to compare yourself to others.
- Being overweight and unfit can increase your risk for health problems. Your physician is the best person to help you decide if your weight is a healthy one for you. If you decide together that it's time to work on your weight, this booklet will give you tips on how to eat healthier and be more active.
- Talk to your doctor if you think you might have disordered eating (irregular or inflexible eating behaviors).

## HEALTHY EATING

To get to and stay at a healthy weight, you need a mix of fresh foods each day, such as:

- Vegetables
- Fruit
- Whole-grain foods, like oatmeal, whole-grain breads, and brown rice
- Low-fat or fat-free milk or dairy foods, like low-fat yogurt and cheese
- Poultry, fish, lean meats, beans, tofu, and nuts

Check out the *Healthy eating food guide* at the end of this booklet for ideas on what and how much you should eat from each food group.

## HEALTHY HABITS

Check off the things you are willing to do:

- ☐ **Eat breakfast every day.**
- ☐ Eat 3 meals a day and snacks, if needed.
- ☐ Eat lots of vegetables and fruit. Aim for 5 or more servings of vegetables and 2 to 4 servings of fruit each day. See the *Healthy eating food guide* for serving sizes.
- ☐ Eat more home-cooked meals. Offer to cook a few times a week.
- ☐ Only eat out 2 times a week or less.
- ☐ Eat foods that are baked, broiled, grilled, steamed, or poached.
- ☐ Limit fried foods.
- ☐ Cut back on candy, cake, and cookies.
- ☐ Instead of sugary drinks and juice, choose water.
- ☐ Eat fewer processed foods such as chips, fast food, and packaged foods.
- ☐ Keep healthy snacks around for after school or between classes. Fresh strawberries, an orange, a small bag of nuts, low-fat whole-wheat crackers, air-popped popcorn, and baby carrots are all easy to keep in your backpack. See the *Snack time* section in this booklet for more ideas.
- ☐ Ask your family to help you keep healthy foods in the house and keep junk foods out.
- ☐ Eat slowly. Give your stomach a chance to tell you that it's full.
- ☐ Don't eat in front of the TV.
- ☐ Whenever you feel sad, angry, bored, or frustrated, talk to a trusted friend or family member instead of eating.
- ☐ Move more. Aim for 60 minutes a day. Make working out fun.

# CHOOSE A HEALTHY PLATE EACH DAY

The healthy plate is an easy way to help you get the right amount of food at each meal.

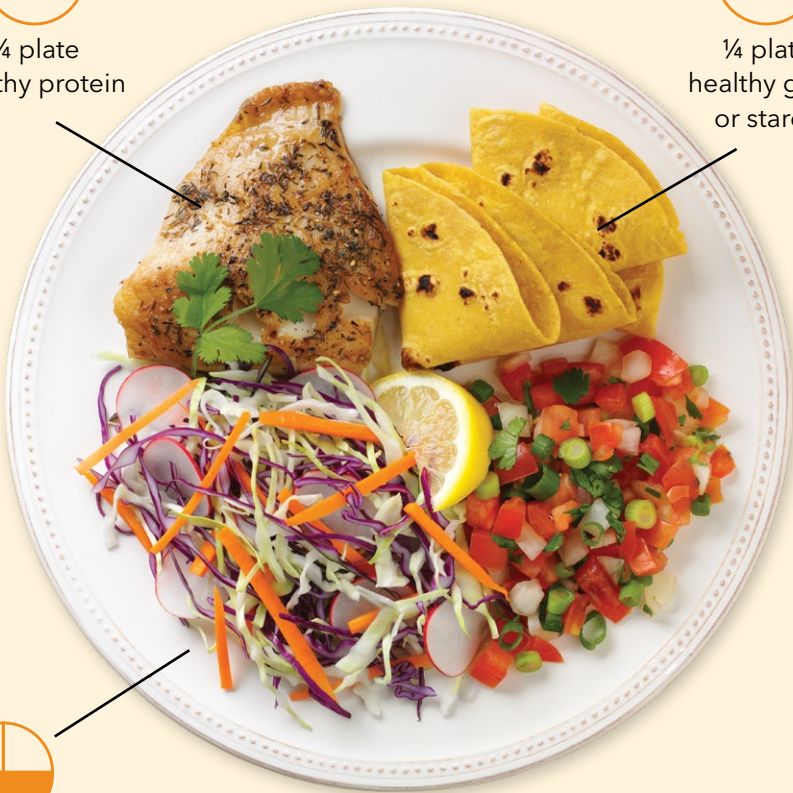
Portion your plate and servings as shown for a healthy meal.



1/4 plate healthy protein



1/4 plate healthy grain or starch



1/2 plate nonstarchy vegetables

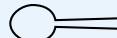



1 serving fruit



8 ounces milk

## WHAT'S IN YOUR DRINK?

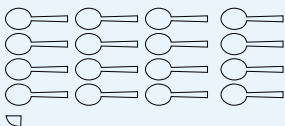
 = 1 teaspoon of sugar

 = 1 teaspoon of fat



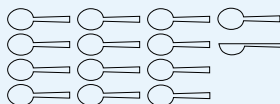
### Cola

20 ounces =  
240 calories  
16¼ teaspoons of sugar



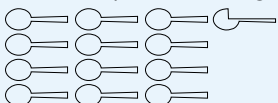
### Energy drink

16 ounces =  
200 calories  
13½ teaspoons of sugar



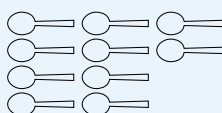
### Fruit juice drink

16 ounces =  
210 calories  
12¾ teaspoons of sugar



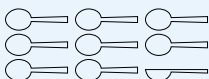
### 100% orange juice

16 ounces =  
200 calories  
10 teaspoons of sugar



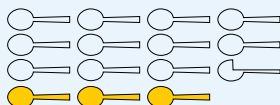
### Sports drink

20 ounces =  
130 calories  
8½ teaspoons of sugar



### Blended coffee drink with Whipped Cream

16 ounces =  
380 calories  
11¾ teaspoons of sugar  
3 teaspoons of fat



**Sugary drinks are one of the main causes of weight gain and obesity.**

## HEALTHIER DRINKS TO CHOOSE

Don't drink your calories! Did you know that it is easier to gain weight from sugary drinks than food?

- Drink 6 to 8 cups of water a day instead of sugary or high-calorie drinks such as juice, whole milk, regular soda, energy drinks, sports drinks, sweetened teas, smoothies, milk shakes, or coffee drinks.

- Choose zero-calorie flavored mineral water, unsweetened iced tea, or essence (flavored, unsweetened) water.

Check off the no-calorie drinks you are willing to try:

- ☐ Water
- ☐ Sparkling mineral water
- ☐ Water with lemon slices and mint or other fruits and herbs
- ☐ Essence water



## MAKE HEALTHIER CHOICES WHEN EATING OUT

Fast food is typically high in fat, sugar, and salt. What can you do to eat healthier?

- Most fast food serving sizes are huge. You can:
  - Share your meal with a friend
  - Order smaller sizes
  - Order just the sandwich (skip the fries)
  - Have a side salad
- Order food without cheese, sour cream, or mayonnaise. Try:
  - Ketchup
  - Mustard
  - Adding lettuce, tomato, and onion
- Say no to deep-fried foods like fries, chips, onion rings, and chicken strips.
- Instead of soda, drink:
  - Water
  - Fat-free or 1% milk
  - Unsweetened iced tea
- Check the calories for your food choices.

## NUTRITION NEEDS FOR TEENS

### Fiber

Fiber makes you feel full, so you eat less. It also helps you be regular (not constipated). Try more high-fiber foods, such as:

- Fruits and vegetables: raw fruit with skin, dried fruit, raw and cooked vegetables, baked potato with skin
- Breads and cereal: whole-grain bread and pasta, high-fiber cereal (shredded wheat, oatmeal), brown rice, barley
- Dried beans, peas, and lentils: split pea soup, bean burrito, chili with beans

Make sure to drink more water when you have more foods with fiber.

### Calcium

**Ages 13 to 18:** 1,300 mg (4 servings of fat-free or 1% milk, yogurt, cheese, or unsweetened soy, almond, or other calcium-fortified milk substitute)

You can also have other foods rich in calcium:

- Calcium-fortified juice
- Tofu, calcium set
- Canned salmon with the bones
- Roasted soybeans
- Broccoli, kale, bok choy, collard greens

### Iron

Not getting enough iron can make you feel tired. Eat iron-rich foods with foods high in vitamin C, such as oranges, pineapple, broccoli, or strawberries.

Foods high in iron:

- Lentils, pinto beans
- Soybeans, tofu
- Oatmeal
- Iron-fortified whole grains (cereals, breads, rice, pasta)
- Fish, shellfish
- Dried apricots, raisins, dates
- Dark-green leafy vegetables (spinach, broccoli, bok choy, collard greens, kale, asparagus)
- Walnuts
- Liver (chicken, beef)
- Beef (lean, dark-red meat), chicken, turkey



## SNACK TIME

Here are some healthy snacks you can try instead of chips, cheese puffs, nachos, french fries, cookies, or candy. Check off the ones you want to try:

- ☐ Any fresh fruit or vegetable
- ☐ Apples with almond butter
- ☐ Blueberries and walnuts
- ☐ Carrot and celery sticks with hummus
- ☐ Carrot sticks with low-fat ranch dressing
- ☐ Celery sticks or whole-grain crackers with peanut butter and raisins
- ☐ Baked tortilla chips with salsa
- ☐ Cereal (low sugar) with fat-free milk
- ☐ Cottage cheese with pineapple
- ☐ Dried apricots
- ☐ Handful of nuts or trail mix
- ☐ Hardboiled egg with whole-grain toast
- ☐ Fruit blended with unsweetened vanilla almond milk
- ☐ Frozen bananas or grapes
- ☐ Pita bread (½) with tuna salad
- ☐ Plain Greek yogurt (fat-free or 1%) with berries
- ☐ Popcorn (air-popped or popped in a small amount of oil)
- ☐ Raw zucchini or jicama sticks with salsa
- ☐ Smoothie with banana, berries, nuts, spinach, and unsweetened almond milk
- ☐ Soup with whole-grain crackers
- ☐ Strawberries
- ☐ String cheese with whole-grain crackers
- ☐ Turkey slice with whole-grain bread
- ☐ Watermelon
- ☐ Whole-grain tortilla with bean dip
- ☐ Whole-grain tortilla with vegetables and hummus





## GET MOVING—PHYSICAL ACTIVITY

Think of exercise as play or fun! Try to get 60 minutes of physical activity most days of the week. It doesn't have to be all at one time. You can break it up.

Check off the things you are willing to do.

### Move more by:

- |   |  |
|---|--|
| <input type="checkbox"/> Walking or biking instead of getting a ride. | <input type="checkbox"/> Doing chores like yard work or cleaning your room (this burns calories and makes parents happy!). |
| <input type="checkbox"/> Taking the stairs instead of the escalator.  | <input type="checkbox"/> Walking around the mall or shopping center instead of staying in one spot.                        |
| <input type="checkbox"/> Taking the dog for a long walk.              |  |
| <input type="checkbox"/> Joining a sports team or running club.       |  |

### Sit less by:

- |  |  |
|--|--|
| <input type="checkbox"/> Limiting screen time to about 1 hour a day. | <input type="checkbox"/> Spending less time with your phone or computer, and doing something fun and active outside. |
| <input type="checkbox"/> Taking the TV out of your room.             |  |

### To get yourself to start moving, choose activities you like:

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| <input type="checkbox"/> Dancing  | <input type="checkbox"/> Walking     |
| <input type="checkbox"/> Biking   | <input type="checkbox"/> Running     |
| <input type="checkbox"/> Swimming | <input type="checkbox"/> Other _____ |
| <input type="checkbox"/> Skating  |                                      |

### Remember, exercise helps you:

- |                      |                              |
|----------------------|------------------------------|
| • Feel less stressed | • Build your self-confidence |
| • Boost your mood    | • Have more energy all day   |
| • Sleep better       | • Be a healthy weight        |
| • Tone your muscles  | • Burn calories              |

## SAMPLE MENU (FEMALE)

### Breakfast

- 1 cup cooked oatmeal with a palmful of nuts
- 1 small banana
- 1 cup 1% low-fat milk or unsweetened milk alternative

### Morning snack

- 6 ounces plain Greek yogurt (no added sweetener) with strawberries
- Sparkling water

### Lunch

- 2 slices whole-grain bread
- 3 ounces roasted turkey
- 1 teaspoon mayonnaise
- 1 cup baby carrots
- 1 small apple
- 1 cup 1% low-fat or fat-free milk or unsweetened milk alternative

### Afternoon snack

- Orange

### Dinner

- 3 ounces chicken
- Salad with tomatoes and carrots
- 1 tablespoon salad dressing
- 1 cup cooked broccoli
- $\frac{3}{4}$  cup brown rice
- 1 teaspoon margarine
- Sparkling water

### Evening snack (optional)

- $\frac{1}{2}$  cup hummus with celery sticks



## SAMPLE MENU (MALE)

### Breakfast

- 1 cup cooked oatmeal with a palmful of nuts
- 1 large banana
- 1 cup 1% low-fat milk or unsweetened milk alternative
- 1 hard-boiled egg

### Morning snack

- 6 ounces plain Greek yogurt (no added sweetener) with strawberries
- Sparkling water

### Lunch

- 2 slices whole-grain bread
- 3 ounces roasted turkey
- 1 teaspoon mayonnaise
- 1 cup baby carrots with 1 tablespoon ranch dressing
- 1 large apple
- Water

### Afternoon snack

- 1 whole-wheat tortilla
- Salsa
- 1½ ounces low-fat cheese
- 2 slices avocado
- Water

### Dinner

- 4 ounces chicken
- Salad with tomatoes and carrots
- 1 tablespoon salad dressing
- 1 cup cooked broccoli
- 1 cup brown rice
- 1 teaspoon trans-fat-free margarine
- 1 large mango
- 1 cup 1% or fat free milk

### Evening snack (optional)

- ½ cup hummus with celery sticks



# HEALTHY EATING FOOD GUIDE

Circle your favorite foods in the "Choose more often" section.



**Food group:**  
Nonstarchy  
vegetables

(5 or more servings daily)

1 serving =

½ cup cooked

1 cup raw

## Choose more often

- broccoli
- carrots
- cauliflower
- celery
- green beans
- peppers
- salad
- snap peas
- spinach
- tomatoes
- zucchini

## Choose less often

- vegetables with butter, cheese, or cream sauce
- deep-fried vegetables



**Food group:**  
Fruits

(2 to 4 servings daily)

1 serving =

1 small piece

½ cup fresh cut, canned, or frozen

1 cup berries or melon

¼ cup dried fruits

## Choose more often

- apples
- bananas
- blueberries
- cantaloupe
- dried apricots
- grapes
- orange
- pears
- raisins
- strawberries
- watermelon
- canned fruit in its own juice

## Choose less often

- smoothies with juice and added sugar
- canned fruit in syrup
- dried fruit with sugar added
- juice



**Food group:**  
Grains and  
starchy  
vegetables

(6 to 10 servings daily) Female  
(6 to 12 servings daily) Male  
1 serving =  
1 slice bread  
½ English muffin, bagel, or bun  
¾ cup cold cereal  
½ cup cooked cereal  
½ cup rice or noodles  
½ cup starchy vegetables  
1 small tortilla  
6 small crackers

**Choose more often**

- whole-grain: breads, pita, lavash, tortillas, bagels, English muffins
- unsweetened whole-grain hot and cold cereals
- whole-grain crackers
- whole-wheat noodles
- brown or wild rice
- corn
- peas
- yams
- sweet potatoes
- quinoa
- amaranth
- farro

**Choose less often**

- biscuits
- croissants
- muffins
- granola
- cereals with added sugar
- white-flour tortillas
- white rice
- ramen-type noodles
- toaster pastries
- crackers (cheese, buttery, etc.)
- french fries
- hash browns
- potato tots



**Food group:**  
Milk, yogurt,  
cheese

(4 servings daily)  
1 serving =  
1½ to 2 ounces cheese  
1 cup (8 ounces) milk or yogurt

**Choose more often**

- 1% low-fat or fat-free milk
- 1% low-fat or fat-free yogurt without added sugar
- calcium-fortified, unsweetened almond, soy, or other milk alternative
- low-fat cheese
- string cheese

**Choose less often**

- cream
- whole milk
- 2% reduced-fat milk
- whole-milk yogurt with added sugar
- milk shakes
- regular cheese
- processed cheese spreads or processed cheese food



**Food group:**  
Meat, poultry,  
fish, beans, nuts

(4 to 7 ounces/servings daily)

1 serving =

1 ounce meat

1 egg

2 tablespoons nut butter

½ cup beans, peas, lentils, tofu,  
or hummus

**Choose more often**

- fresh fish
- light tuna packed in water
- chicken and turkey without skin
- eggs
- old-fashioned peanut butter
- nut butters
- beans
- peas
- lentils
- tofu and soybean products
- hummus
- lean lunch meats

**Choose less often**

- high-fat meats
- hot dogs
- hamburgers
- lunch meats
- bologna
- fried meats, chicken, or fish
- spareribs
- corned beef
- pastrami
- sausage
- bacon



**Food group:**  
Fats and oils  
(6 servings daily)

1 serving =

1 teaspoon oil, margarine,  
butter, or mayonnaise

1 tablespoon salad dressing  
or cream cheese

2 tablespoons avocado, nuts,  
or nut butter

1½ tablespoons seeds

**Choose more often**

- olive or canola oil
- mayonnaise
- salad dressing
- nuts and nut butters
- seeds (chia, flax)
- avocado

**Choose less often**

- butter
- margarine
- lard
- bacon fat
- cream cheese
- sour cream
- vegetable shortening



**Food group:**  
**Fast food**  
(limit to 1 or  
2 times a week)

### Choose more often

- salad
- baked potato
- small roast beef, turkey, or chicken sandwich
- small hamburger
- cheese or vegetable pizza
- brown rice and veggie bowl
- bean and brown rice burrito
- water

### Choose less often

- french fries
- chili cheese fries
- onion rings
- cheeseburger
- large hamburger
- hot dogs
- croissant or biscuit sandwich
- fried chicken or fish
- fried tacos
- pepperoni or other meat pizza
- sugary drinks
- super-sized portions

Everyone is different.  
Remember that  
healthy bodies come  
in all shapes and sizes!

### NOTES

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### RESOURCES

- Talk with a health coach at 503-286-6816 or 1-866-301-3866, option 2.
- Get info and tips at [kp.org/healthengagement](https://www.kp.org/healthengagement).







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