



Teen Stress Management: Healthy Eating

It's important to be healthy. And to have fun and eat food that tastes good. Here are some quick tips to build strong, healthy bodies.

- Enjoy eating. The pleasure of eating should be your focus. Rather than just shoveling things in your mouth, taste the food.
- Take your time. Make eating a special part of the day. Try to have meals last at least 20 minutes. That allows your body to learn how much it really needs.
- Try to eat something healthy in the morning. You'll be better able to focus after a well-balanced breakfast.
- Eat a combination of high protein foods (ex: an egg, beans or nuts) and complex carbohydrates (ex: fruit, vegetables). This helps balance energy levels.
- On stressful or busy days, try to eat smaller amounts more frequently.
- Put only what you want to eat on the plate. Portion size matters. Take seconds only if you're still hungry.
- Eat healthy snacks like fruits and vegetables. It's ok to have salty or sweet snacks sometimes, just limit the portion size and frequency.
- Eat colorful foods. A good way of being sure to get enough vitamins and minerals is to eat fruits and vegetables of different colors.
- Stay well-hydrated. Water is the best choice for hydration. Feel free to flavor water with fresh juices or other healthy additives like cucumber, mint or lime.
- Try to avoid soft drinks. Think of them as sugar-water, which offers little-to-no nutritional value.