

Middle and/or High School Nutrition and Physical Activity Tips

1. During sports and exercise, drink cold water and limit drinking Sports or Energy beverages like Gatorade. If you are planning to be active for more than an hour in the heat, Gatorade or sports drinks are appropriate.
2. Omega-3 fatty acids are heart and brain healthy fats. Salmon, avocados, and walnuts are three excellent food sources of these healthy fats.
3. Say goodbye to fried foods! Fried foods are higher in saturated fat and calories. Try broiling, baking, grilling, or steaming foods.
4. In order to maintain a healthy weight and prevent chronic diseases like diabetes and heart disease, all of should aim to get at least 30 minutes of exercise each day. If you don't have 30 full minutes in the morning or at night to exercise, you can exercise for 15 minutes two times per day and still get the same benefits!
5. What's all the buzz about protein shakes and powders? Americans get plenty of protein each day from meats, poultry, fish, cheeses, milk, and beans. Remember that one serving of protein is 3 ounces, which is roughly the size of a deck of playing cards.
6. Redbull really doesn't give you wings just a lot of added sugar! Eating an apple or an orange will provide extra energy without all the added sugar.
7. If you are in the habit of drinking caffeinated beverages, you can improve your quality of sleep by avoiding these drinks after lunch time.
8. Your bed is for sleeping and not for homework! Make your bed a calm space that you rest. Avoid screen time (watching TV, video or computer games) in bed and you will fall asleep quicker.
9. Kick the habit and do your bones a favor! You're still growing and smoking interferes with healthy bone growth. Today is the best day to quit!
10. Quitting smoking not only has many benefits to your health, but those who stop smoking say that foods taste better and have more flavor!
11. If you are lactose intolerance or you dislike milk and dairy products, remember

that we still need calcium for healthy bones! Calcium-rich food sources are collards, kale, broccoli, white beans, among many others.

12. Every step counts! Try parking your car at school or the grocery store farther away or take the stairs instead of the elevator to incorporate more exercise into your daily routine.
13. Bored of drinking plain water throughout the day? Try flavoring your water the healthy way with lemon, lime, or orange slices, cucumbers, or fresh mint.
14. Instead of potato chips or candy for a snack, try to reach for a protein and a carbohydrate for a tasty treat that will help to keep you feeling fuller longer. Examples include apple and peanut butter, grapes and a low-fat cheese stick, or a handful of nuts with a banana.
15. Keep cut vegetables handy for snacks. Ideas include: bell peppers, broccoli or cauliflower florets, carrots, celery sticks, cucumbers, sugar snap peas, or cherry tomatoes. For flavor, choose a low-fat Ranch dip, hummus, or guacamole.
16. Eat your fruit, don't drink it! While fruit juice has good-for-us vitamins, drinking fruit juice excessively is still a lot of sugar. The best option is to eat a piece of whole fruit. The fiber in whole fruits helps us stay regular and feel more full than drinking a glass of orange juice.
17. Eat the rainbow! Eat a wide variety of different colored fruits and vegetables so that you are getting an assortment of vitamins and minerals.
18. Try to make 50% of the grains each day you eat whole grains. Instead of white bread or white spaghetti, choose whole grain bread or whole wheat spaghetti. Whole grain and whole wheat products have more vitamins, minerals, and fiber than refined, white grain products.
19. If you need to grab a snack at the vending machine, choose a bag of pretzels, peanuts, or fat-free or reduced fat popcorn!
20. If the weather outside isn't great, plan to exercise inside! Play interactive exercise games like Wii tennis, turn on some music and have a dance party, or clean the house. All these activities will keep you moving!
21. Are you having trouble eating at least three servings of vegetables every day? One great idea to eat more veggies is to add a serving of carrots, spinach, or kale in your morning smoothie.

22. Always look at the portion size but if you can't measure the food out, here are some visualizations to keep in mind: 1 cup is about the size of a baseball, 3 oz of meat is about the size of a deck of cards, and 2 tablespoons is the size of a ping-pong ball.
23. Make half of your plate fruits and non-starchy vegetables! These foods will help fill you up while providing you with vitamins and minerals.
24. Keep portion control in mind. Have a single-serving container (one serving = 6 ounces) of yogurt or put a small serving (one serving = small handful) of nuts in a bowl. Eating directly from the box or package often leads to overeating.
25. Do you find yourself snacking mindlessly while watching TV? Try to find other ways to occupy yourself like squeezing a stress ball, petting a dog or cat, knitting, chewing gum, or drinking water.
26. Make your own yogurt parfait! Yogurt is a great option for breakfast, snack, and dessert, but flavored fruit yogurts have a lot of added sugar. For a healthier option, cut up fresh fruit to add to plain nonfat or low-fat yogurt.
27. If you are struggling with the way you look at yourself in a mirror and this affects how you eat, consider talking to a trusted family member or a school counselor.
28. In the old days, garlic was thought to help keep vampires away. Try adding garlic powder to your food for a burst of flavor without the extra salt.
29. Every day in America, 28 people are killed by drunk drivers. Teenagers who drink alcohol kill 4,700 people every day. Be responsible and say NO to alcohol!