

Eating

for healthy teenagers



a teenager's guide to healthy eating



h e a l t h y

food



eating for healthy teenagers

Healthy
teens



Eating

for healthy teenagers

LIFE AS A TEENAGER CAN BE FAST, FURIOUS AND FUN – AND SO CAN YOUR FOOD. INCLUDE FOODS FROM THESE FOUR GROUPS TO GET THE NUTRIENTS YOU NEED TO STAY HEALTHY.

- VEGETABLES AND FRUIT
- BREADS AND CEREALS
- MILK AND MILK PRODUCTS
- LEAN MEATS, CHICKEN, SEAFOOD, EGGS, DRIED PEAS, BEANS AND LENTILS



EAT MANY DIFFERENT KINDS OF FOOD EACH DAY

Healthy Eating Rocks

Vegetables and fruit



VEGETABLES AND FRUIT

- PROVIDE CARBOHYDRATES, FIBRE, VITAMINS AND MINERALS AND ARE LOW IN FAT.
- HAVE WITH MOST MEALS – EVERY DAY.
- ENJOY RAW OR LIGHTLY COOKED.
- IDEAL SNACK FOOD.



CHOOSE AT LEAST THREE SERVINGS OF VEGETABLES AND TWO SERVINGS OF FRUIT EVERY DAY. ONLY ONE SERVING OF FRUIT OR VEGETABLE JUICE OR ONE SERVING OF DRIED FRUIT COUNTS TOWARDS YOUR TOTAL NUMBER OF SERVINGS FOR THE DAY.



EAT

SERVING SIZE EXAMPLES:

- 1 MEDIUM POTATO, KUMARA OR SIMILAR-SIZED ROOT VEGETABLE (135g)
- HALF A CUP COOKED VEGETABLES, FOR EXAMPLE, PUHA, WATERCRESS OR CORN (50-80g)
- HALF A CUP SALAD (80g)
- 1 APPLE, PEAR, BANANA OR ORANGE (130g)
- 2 SMALL APRICOTS OR PLUMS (100g)
- HALF A CUP TINNED FRUIT (135g)
- 1 CUP FRUIT JUICE (250ml)
- 2 TABLESPOONS OF RAISINS OR 3 DATES (25g)

Fruit and
Vegetables

Breads & cereals

3



BREADS AND CEREALS

- INCLUDES BREAD AND BREAKFAST CEREALS, RICE AND PASTA.
 - PROVIDES CARBOHYDRATES, FIBRE AND OTHER NUTRIENTS.
 - SATISFIES YOUR HUNGER LONGER THAN SWEET BISCUITS, CAKES OR SWEETS.
 - A GREAT SOURCE OF ENERGY FOR GROWTH, SPORT AND FITNESS.
 - IDEAL TO MEET THE DEMANDS OF INTENSE PHYSICAL ACTIVITY.
 - TRY SOME WHOLEGRAIN VARIETIES.
- FILL UP ON BREADS AND CEREALS WHEN HUNGRY. THEY ARE A GREAT CHOICE FOR MEALS AND SNACKS.



CHOOSE AT LEAST SIX SERVINGS EACH DAY, INCLUDING SOME WHOLEGRAIN. MOST TEENAGERS WILL NEED MORE THAN THIS.

SERVING SIZE EXAMPLES:

- 1 SMALL BREAD ROLL OR MUFFIN (50g – 80g)
- 1 MEDIUM SLICE OF BREAD (26g)
- 1 CUP CORNFLAKES OR RICE BUBBLES (30g)
- HALF A CUP MUESLI (55g)
- HALF A CUP COOKED CEREAL EG, PORRIDGE (130g)
- 1 CUP COOKED PASTA OR RICE (150g)

Bread
and
Cereals

Milk & milk products



MILK AND MILK PRODUCTS

- INCLUDES MILK, CHEESE, YOGHURT AND ICE CREAM.
- VALUABLE SOURCES OF CALCIUM AND PROTEIN.
- CHOOSE LOW FAT MILK FOR EXTRA CALCIUM.
- YOU NEED HIGH-CALCIUM FOODS TO BUILD STRONG BONES DURING TEENAGE YEARS.
- TRY MILK, CHEESE AND YOGHURT AS SNACKS.
- KEEP ACTIVE – REGULAR EXERCISE KEEPS BONES STRONG IN LATER LIFE.

CHOOSE AT LEAST THREE SERVINGS EACH DAY, PREFERABLY LOW FAT.



SERVING SIZE EXAMPLES:

- 1 CUP MILK (250ml)
- 1 POTTLE YOGHURT (150g)
- 2 SLICES CHEESE (40g)
- 2 SCOOPS ICE CREAM (140g) – NOT EVERY DAY

Milk and
milk products

Proteins & nutrients

5

LEAN MEATS, CHICKEN, SEAFOOD, EGGS, DRIED BEANS, PEAS AND LENTILS

- IMPORTANT SOURCES OF PROTEIN, IRON AND OTHER NUTRIENTS.
- YOUR BODY NEEDS THEM FOR GROWTH, MENTAL AND PHYSICAL ACTIVITY AND SPORTS.

IRON NEEDS FOR FEMALES INCREASE WHEN PERIODS BEGIN. THE IRON FROM MEAT, CHICKEN AND SEAFOOD IS USED MORE EASILY BY THE BODY. IRON FROM OTHER FOOD IS BETTER ABLE TO BE USED IF EATEN AT THE SAME TIME AS FOODS RICH IN VITAMIN C (EG, FRESH VEGETABLES AND FRUIT, ESPECIALLY ORANGES, KIWIFRUIT, BROCCOLI, KUMARA AND TOMATOES).

CHOOSE 1-2 SERVINGS EACH DAY.

SERVING SIZE EXAMPLES:

- 2 SLICES COOKED MEAT (APPROX. 100g)
- THREE-QUARTERS OF A CUP MINCE OR CASSEROLE
- 1 EGG (50g)
- 1 MEDIUM FILLET OF FISH OR STEAK (100-120g)
- THREE-QUARTERS OF A CUP OF COOKED DRIED BEANS (135g)
- 2 DRUMSTICKS OR 1 CHICKEN LEG (110g)
- 1 MEDIUM PAUA (120g)
- 3 MEDIUM MUSSELS (30g)

Iron
Proteins
and nutrients



MIXED FOODS

A NUMBER OF FOODS WILL PROVIDE MORE THAN ONE FOOD GROUP – SUCH AS PIZZA. A MEDIUM SLICE OF PIZZA COULD PROVIDE:

- 1 SERVING VEGETABLES
- 1 SERVING BREAD/CEREAL
- 1 SERVING MILK PRODUCTS
- 1 SERVING MEAT ETC.



VEGETARIANS

IF YOU ARE A VEGETARIAN IT IS IMPORTANT TO UNDERSTAND YOUR BODY'S NEEDS AND PLAN YOUR MEALS AND SNACKS CAREFULLY.

BY NOT EATING MEAT, VEGETARIANS NEED FOOD WITH LOTS OF IRON SUCH AS WHOLEGRAIN CEREALS, DRIED PEAS, BEANS AND LENTILS, DRIED FRUITS AND DARK GREEN LEAFY VEGETABLES. EAT VITAMIN C RICH FOODS WITH THESE MEALS TO HELP ABSORB IRON.

IF YOU DON'T EAT CHEESE, MILK OR EGGS, YOU WILL NEED TO EAT FOODS WITH PROTEIN LIKE TOFU, COOKED DRIED PEAS, BEANS AND LENTILS. YOU WILL ALSO NEED TO DRINK SOY MILK TO GET ENOUGH CALCIUM.

(SEE PAMPHLET EATING FOR HEALTHY VEGETARIANS – CODE 1519)

Mixed
foods

Let's get physical

7

EAT ENOUGH FOR GROWTH & PHYSICAL ACTIVITY



- YOU NEED MORE ENERGY (CALORIES) AND NUTRIENTS NOW THAN EVER BEFORE.
- CHOOSE FROM THE FOUR FOOD GROUPS TO MEET THIS NEED FOR EXTRA ENERGY. SNACKS WILL BE NEEDED, BUT LIMIT HIGH-FAT, HIGH-SUGAR FOODS.
- THERE IS NO EXACT OR IDEAL BODY WEIGHT OR SHAPE. BODY SHAPES CHANGE NATURALLY WHEN YOU ARE GROWING AS PROPORTIONS OF FAT AND MUSCLE CHANGE. IT IS NORMAL FOR ADOLESCENT GIRLS TO INCREASE THE PROPORTION OF FAT ON BREASTS, HIPS AND THIGHS.

PHYSICAL ACTIVITY

- TRY AND BE PHYSICALLY ACTIVE ON MOST IF NOT ALL DAYS OF THE WEEK, FOR AT LEAST 30 MINUTES OF MODERATE INTENSITY PHYSICAL ACTIVITY. IF POSSIBLE, ADD SOME VIGOROUS EXERCISE FOR EXTRA HEALTH BENEFIT AND FITNESS.
- ACTIVITY INCLUDES BIKING, WALKING, SWIMMING, DANCING AND PLAYING SPORT.

IF YOU ARE INVOLVED IN SPORT OR ARE VERY ACTIVE, WHAT YOU EAT WILL AFFECT YOUR PERFORMANCE. CHOOSE LOW FAT, PLENTY OF CARBOHYDRATES (BREADS, CEREALS, FRUITS AND VEGETABLES), AND LOTS OF FLUIDS (ESPECIALLY WATER).

IF YOU ARE INVOLVED IN HEAVY PHYSICAL TRAINING AND ENDURANCE SPORTS YOU WILL HAVE SPECIAL FOOD NEEDS. IT'S BEST TO GET IDEAS AND ADVICE FROM A DIETITIAN OR A SPORTS MEDICINE SPECIALIST.

EAT ENOUGH
for growth and
physical activity

Look after
yourself



WHAT YOU EAT NOW

LOOK AFTER YOURSELF:

- CHOOSE PLENTY OF FOODS FROM THE FOUR FOOD GROUPS AND LIMIT FOODS HIGH IN FAT, SALT AND SUGAR
- EAT REGULAR MEALS AND SNACKS
- KEEP FIT BY BEING ACTIVE – REMEMBER YOU DON'T HAVE TO PLAY SPORT TO INCREASE PHYSICAL ACTIVITY, BUT IT IS IMPORTANT TO BE ACTIVE – TRY TO DO A LITTLE MORE EACH DAY
- GET PLENTY OF REST
- CHOOSE NOT TO SMOKE

MANY FAST FOODS, TAKEAWAYS AND SNACKS ARE HIGH IN FAT, SALT AND/OR SUGAR. FOR EXAMPLE, CHOCOLATE BARS, MUESLI BARS, POTATO CHIPS, FRENCH FRIES, DOUGHNUTS, PIES, SWEETS, FRUIT LEATHERS AND SOFT DRINKS.



Look after
yourself

Look after
yourself

9

EAT THE GOOD STUFF

- EAT MORE BREAD, CEREALS, VEGETABLES AND FRUIT.
- TRY LOW FAT VARIETIES OF MILK, CHEESE AND YOGHURT.
- SPREAD MARGARINE AND BUTTER THINLY.
- NO NEED TO ADD FAT TO COOKING OR COOKED MEALS.
- CHOOSE LEAN MEATS, TRIM OFF THE FAT, SKIM FAT OFF STEWS, REMOVE SKIN FROM CHICKEN AND CHOOSE FISH THAT IS GRILLED OR STEAMED.
- KEEP SUGARY FOODS AND DRINKS TO MEALTIMES TO PROTECT YOUR TEETH FROM DECAY.
- EAT MEALS WITHOUT ADDING EXTRA SALT.
- WHEN SHOPPING, READ LABELS AND LOOK FOR FOODS THAT ARE LOWER IN FAT, SALT AND SUGAR.



Healthy
Snacks

Look after
yourself



SNACK IDEAS

CHOOSE SNACKS WELL

ACTIVE TEENAGERS NEED SNACKS. SNACKS HELP PROVIDE THE EXTRA ENERGY YOU NEED FOR GROWTH AND PHYSICAL ACTIVITY AND WILL SATISFY LARGE APPETITES. SNACKS SHOULD BE LOW IN FAT, SALT AND SUGAR, FOR EXAMPLE, FRUIT, BREAD, YOGHURT AND LOW FAT MILK. THEY SHOULD PROVIDE PLENTY OF ENERGY AS WELL AS NUTRIENTS. IF YOU ARE GOING TO BE OUT AND ABOUT CARRY A FEW PIECES OF FRUIT IN YOUR BAG AS A SNACK.



SNACK SUGGESTIONS:

- BREAD, BREAD ROLLS, BAGELS, MĀORI AND PITA BREAD, FRENCH STICKS
TRY SOME WHOLEGRAIN VARIETIES – HAVE WITH YOUR FAVOURITE FILLINGS
- MUFFINS, CRACKERS, FRUIT BUNS, SCONES, FRUIT BREAD, PANCAKES,
POPCORN – POP YOUR OWN
- PASTA AND RICE
- BREAKFAST CEREALS WITH MILK / YOGHURT
- YOGHURT, PLAIN OR FLAVOURED MILK
- FRESH FRUIT EATEN WHOLE OR SERVED WITH YOGHURT, BLENDED INTO A
MILKSHAKE OR SERVED WITH A SLICE OF CHEESE
- FRESH VEGETABLES, EATEN RAW, LIKE CARROTS OR TOMATOES
- LEFTOVERS REHEATED, FOR EXAMPLE, STEWS, SOUPS, VEGETABLES SUCH
AS POTATO, TARO, PUMPKIN OR KUMARA

Healthy
Snacks

drink
plenty



DRINK PLENTY EVERY DAY



- DRINK AT LEAST SIX TO EIGHT GLASSES EVERY DAY. YOU NEED TO DRINK PLENTY OF FLUID EVERY DAY. EVEN MORE DURING HOT WEATHER AND WHEN YOU ARE VERY ACTIVE (ESPECIALLY BEFORE, DURING AND AFTER SPORTS EVENTS).

GREAT DRINKS

- WATER IS BEST. IT IS COOL, REFRESHING, EASY TO GET AND FREE. KEEP A JUG OF COLD WATER IN THE FRIDGE.
- MILK IS A COOL DRINK, IT'S RICH IN CALCIUM AND MAKES A GOOD SNACK. LOW FAT MILKS ARE RECOMMENDED.
- DILUTE FRUIT JUICE WITH PLENTY OF WATER. ADD LOTS OF ICE. LIMIT TO MEAL TIMES ONLY BECAUSE THE NATURAL SUGAR PRESENT CAN CAUSE TOOTH DECAY.



Drink plenty
every day



drink
plenty

DRINK PLenty EVERY DAY

SOFT DRINKS ARE POPULAR, BUT DON'T DRINK TOO MUCH. THEY CAN BE A SOURCE OF UNNEEDED CALORIES.

COFFEE AND TEA SHOULD BE LIMITED. TEA SHOULD NOT BE DRUNK WITH MEALS BECAUSE THE TANNINS IN TEA REDUCE HOW MUCH IRON YOU ABSORB FROM THE MEAL.

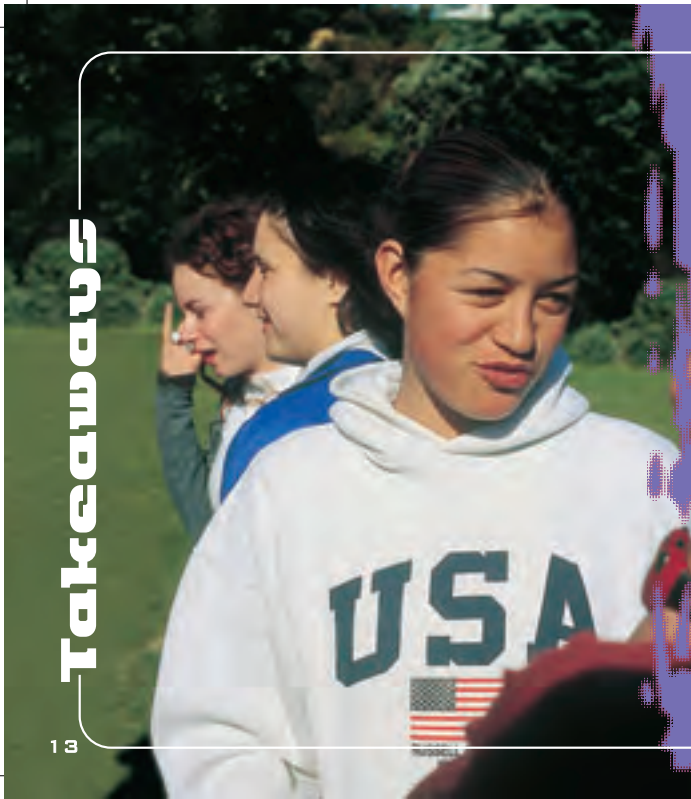
ALCOHOL IS NOT RECOMMENDED. IF YOU DECIDE TO DRINK ALCOHOL, EAT SOME FOOD, DRINK ONLY A LITTLE, DON'T BINGE AND DO NOT DRIVE.

ENERGY DRINKS

THERE ARE LOTS OF NEW DRINKS ON THE MARKET WITH ADDED VITAMINS AND CAFFEINE THAT CLAIM TO GIVE YOU EXTRA ENERGY. THE CAFFEINE LEVELS ARE RESPONSIBLE FOR ANY BUZZ – AND TOO MUCH SUGAR IS NOT GOOD. MOST OF THE ADDED VITAMINS ARE NOT NEEDED. IF YOU DRINK ENERGY DRINKS, KEEP THEM TO “ONCE IN A WHILE” DRINKS.



Drink plenty
every day



TAKEAWAYS

YOU MAY BE IN NEED OF A SNACK OR MEAL WHEN YOU ARE OUT AND TAKEAWAYS ARE AN EASY OPTION. SOME OF THE LOWER FAT TAKEAWAYS INCLUDE:

- RICE AND NOODLE BASED TAKEAWAYS
- BURGERS AND KEBABS
- CRUMBED OR GRILLED FISH INSTEAD OF BATTERED FISH
- THICK, CHUNKY CHIPS INSTEAD OF THIN CHIPS
- HOW ABOUT A PIECE OF FRUIT TO FINISH – GREAT TO CARRY IN YOUR BAG TOO



Info & contacts



FOR MORE INFORMATION CONTACT:

- DIETITIAN AT YOUR LOCAL PUBLIC HEALTH SERVICE
- LOCAL DIETITIAN – TRY THE YELLOW PAGES
- REGISTERED NUTRITIONIST
- HEALTH EDUCATION OR HOME ECONOMICS TEACHER
- COMMUNITY HEALTH CENTRE
- NATIONAL HEART FOUNDATION
- DOCTOR, DOCTOR'S NURSE (PRACTICE NURSE)
- NUTRITION FOUNDATION, PRIVATE BAG 25 905, ST HELIERS, AUCKLAND
- AGENCIES FOR NUTRITION ACTION (ANA), PO BOX 5680, WELLINGTON

OTHER PAMPHLETS:

EATING FOR HEALTHY PREGNANT WOMEN - CODE 6002

EATING FOR HEALTHY VEGETARIANS - CODE 1519

HEALTHY WEIGHT FOR ADULTS - CODE 1324

More
Information

Eating

for healthy

teenagers



Revised July 2006. Reprinted August 2006. Code 1230