

Achieving Healthy Weight – Guidelines for Teens

Look at your family photo album or the people at your next family reunion. Are you petite like a favorite aunt or broad-shouldered like your grandfather? Does your profile come from your mother's side of the family and your musical talent from dad's? These and other features remind us that we are products of our genes — that pool of genetic material which makes us unique, yet still like our blood relatives.

Walk Down Memory Lane

If your albums go back several generations you will find that styles have changed dramatically over the years. It is obvious there is no one standard of beauty which stands the test of time. The same is also true of body size, shape and weight. More importantly, body size cannot be changed as readily as fashions due to our genetic make-up. That is why there can be no ideal body size, shape or weight that is right for everyone.

Looking like a super model or top athlete may not be possible for you. But you can achieve a healthy and fit body suited to your height, frame and body proportions. The Food Guide Pyramid is your best bet for a healthful diet. When combined with daily physical activity you can reach your healthy body weight.

Foods to Grow On and Glow On

National surveys show teen diets are lacking in several important nutrients. Since you are still growing and developing, your diet will affect how you look and feel for the rest of your life. Taking a daily vitamin supplement will not solve the problem. It's time to get serious about food.



*Strawberry Mango Dip
Candy Apple Newton Ice Cream
Hot Grilled Fruits and Newtons*

Hair, eyes and skin will shine if you supply them with the nutrients in colorful fruits and vegetables. Fortunately, Mother Nature was looking ahead when she packed fruits in such convenient, portable packages. Don't leave home without one!

Since vegetables are typically part of the evening meal, if you miss dinner you're probably missing your vegetables. You can make up for this by including veggies—wherever. Try:

- Bagged salads or salad bars at grocery stores
- Steamed vegetables from Chinese take-out
- Canned vegetable soups thickened with extra vegetables
- Vegetable toppings like peppers or broccoli on pizza
- Salsa with sliced cucumber or squash dippers
- Baked potatoes stuffed with spinach.

Bone, Muscles and Brains Need Milk, Meat and Grains

One of the easiest ways teens can satisfy their often unmet need for calcium, iron and zinc is to combine milk products and grains. Ready-to-eat breakfast cereals are often mineral-fortified and can be eaten with low-fat milk any time of day. A glass of cold milk and a cereal bar make breakfast really fast. Late night studying is an ideal time for some oatmeal, kasha or brown rice cooked in milk instead of water and sweetened with a little sugar and cinnamon.

Another way to get iron and zinc is to eat two to three moderately-sized daily servings of protein foods such as meat, fish, chicken, eggs, cooked dry beans or nuts. Spread reduced-fat peanut butter on crackers for a portable breakfast. Fill a pita pocket with tuna and veggies for lunch. Enjoy a garden burger on a whole-wheat bun or roll up a tortilla with chili, chopped tomato, salsa and shredded cheese for a quick dinner.

Snacks Count, Too

Because you're busy, you may skip or skimp on some meals. Snacks can help satisfy between-meal hunger and provide important nutrients. Plan snacks to fill nutrition gaps in your food choices. Pack an apple or an orange in your gym bag. Reach for fruit juice and a few fruit bar cookies. Mix a spoonful of nuts, small cereal squares and raisins for munchies. Or sprinkle crisp cereal over flavored nonfat yogurt for a crunchy parfait.

Fitness Formula: Make It Fun

Not long ago, most children walked to school. They averaged two miles a day

and had chores like filling the coal furnace and ironing cotton sheets. Teenagers even had to run to answer the single phone mounted on the kitchen wall!

Though our lives have become easier, we still need regular physical activity to keep our muscles toned and our hearts strong. There are endless ways to put the body in motion and make it fun. Think about what you like to do, on your own or with a friend, and where and when you can do it. Then, "Do It." The goal is to get at least 30 minutes a day of brisk activity. Try these ideas to get started:

- ✓ Clean the garage—uncover the exercise equipment buried there. A bike, hula hoop, jump rope, mini trampoline, dumbbells, badminton set, roller skates, or maybe, a punching bag await your next work-out.
- ✓ Tape a TV exercise show. Do the workout or make up your own moves. A night on the dance floor will also provide plenty of aerobic exercise.
- ✓ Offer to walk the dogs at an animal shelter. They'll keep you going, rain or shine.
- ✓ Go to the gym in your school and talk to the teacher about activities for kids your age. There may be a soccer or tennis league or TaeKwon-Do program that suits your schedule.
- ✓ Get fit for a cause. Join walks which raise money for medical and social programs. You'll see new parts of town and make new friends along the way.

You're One Of a Kind – Please Don't Break the Mold

Every generation of teenagers has its idols. But never before have teens taken such extreme measures to change their physical appearance. If you feel you have become too caught up in a race to look like someone else, turn the mirror back on yourself and look again. You may see a more positive reflection if you just look beyond the surface.

It helps to surround yourself with the faces of real people instead of magazine pin-ups. Volunteer at a day care center for the young or old to see how individual people really are. Serve as a Big Sister or Brother to a youngster who really needs someone to look up to. Get involved in community clean up projects or cooperative gardening to create a better environment. You'll be amazed at the changes you see in yourself.



Enjoy these great-tasting recipes for a special treat.

STRAWBERRY MANGO DIP

Makes 2 cups

- 1/2 cup fat-free vanilla yogurt
- 1/3 cup low-fat cottage cheese (1% milkfat)
- 1/4 cup pineapple juice
- 1 cup strawberry halves
- 1/2 cup chopped fresh mango
- 2 tablespoons powdered sugar
- 1 teaspoon grated lemon peel
- 16 Strawberry NEWTONS® Fat Free Fruit Chewy Cookies
- 16 whole strawberries
- 2 bananas, cut into 16 pieces
- 2 kiwi fruit, cut into 16 pieces

In a food processor or electric blender container, process yogurt, cottage cheese, pineapple juice, strawberry halves, mango and powdered sugar until smooth. Stir in lemon peel. Refrigerate until serving time. Serve as a dip with cookies and fruit pieces.

NUTRITION INFORMATION per serving (2 tablespoons dip, 1 cookie, 1 whole strawberry, 1 piece banana and 1 piece kiwi fruit): 95 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 82 mg sodium, 2 g dietary fiber

CANDY APPLE NEWTON ICE CREAM

Makes 6 servings

- 5 Apple NEWTONS® Fat Free Fruit Chewy Cookies, chopped
- 1 quart fat-free vanilla ice cream, softened
- 1/3 cup fat-free caramel sauce
- 1/4 cup PLANTERS® Slivered Almonds, toasted and chopped
- 1 apple, cut into 6 wedges, for garnish

In large bowl, fold cookies into ice cream. Cover; freeze until serving time.

To serve, scoop 1/2 cup ice cream into each of 6 dessert dishes. Top each with about 2 1/2 teaspoons caramel sauce and 2 teaspoons toasted almonds. Serve immediately, garnished with apple wedges.

NUTRITION INFORMATION per serving: 279 calories, 3 g total fat, 1 g saturated fat, 0 mg cholesterol, 171 mg sodium, 2 g dietary fiber.

HOT GRILLED FRUIT AND NEWTONS

Makes 6 servings

- 4 cups sliced nectarines or peaches (about 2 pounds)
- 2 (11 3/4 x 8 1/2 x 1 1/4-inch) disposable foil broiler pans
- 1/4 cup cranberry juice
- 1/4 cup firmly packed light brown sugar
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon cornstarch
- 10 Strawberry NEWTONS® Fat Free Fruit Chewy Cookies, chopped
- 1 1/2 cups fat-free vanilla ice cream

Place nectarine or peach slices in even layer on bottom of 1 greased broiler pan.

In small bowl, combine cranberry juice, brown sugar, cinnamon and cornstarch. Drizzle over fruit in pan. Top with cookie pieces. Cover with second foil pan to form a packet, by overlapping edges slightly. Fold top of one short end down over bottom to seal; fold bottom of other end up over top to seal. Place on grill over medium-low heat; cook for 14 to 18 minutes or until fruit is tender, shaking pan periodically. Serve warm over ice cream.

NUTRITION INFORMATION per serving: 235 calories, 0 g total fat, 0 g saturated fat, 0 mg cholesterol, 125 mg sodium, 3 g dietary fiber.

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