

14-18 years old



Fueling your thoughts

Are you concerned about your teenager's weight?

Are you concerned with your teenager's eating habits or level of physical activity?

Do you and your teenager eat breakfast?

How many meals do you eat as a family each week?

How many are from fast food, take out, etc.?

What beverages do you buy for the family?

How much time does your teenager watch TV, using the computer, play video games, or text daily?

What do you do as family to stay active?

Nutrition Advice

By providing nutritious foods to your teenager, you help him or her improve strength, energy, attention span and the ability to keep up with friends.

- **Breakfast** ~ eating breakfast every day helps your teenager do well in school and improves overall health.
- **Lunch** ~ Buying school meals can be nutritious; If your teenager packs a lunch, it is important they include at least 4 out of 5 food groups (low fat/fat free dairy foods, fruits, vegetables, whole grains and lean protein).
- **Snacks** ~ Eat when hungry. Stock up on ready-to-eat vegetables, fruit, low fat cheese, yogurt, and milk, lean meats, whole grain crackers, bread, low sugar cereal or nuts.
- **Dinner** ~ Eat as many meals as possible as a family at the dinner table. Be sure to slow down, enjoy, and turn off the TV.
- **Eating Out** ~ Keep portion sizes small or share meals (don't "super-size")
 - Choose fruit or salad instead of French fries, milk instead of soft drinks, baked or broiled instead of fried.
 - Limit dressings and mayonnaise; ask for them on the side or choose low fat options.

Beverages ~ Think your Drink!

- The best choices are water, low fat (1%) or nonfat (skim) milk.
- Limit sweetened beverages such as soft drinks, punch, juice drinks, energy drinks and caffeine containing beverages.
- Regular intake of too much caffeine can lead to trouble sleeping, rapid heart rate, anxiety, poor attention span, headaches or shakiness.
- **Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).** Be a good role model for your kids by eating and choosing healthy foods.
- For more information visit www.mypyramid.gov.

Name _____

Date _____ HT _____

WT _____ BP _____

Be Active

- Make sure you and your teenagers are active 60 minutes every day.
- Count time spent doing chores: car washing, walking the dog, dusting, sweeping, pulling weeds, raking leaves or shoveling snow.
- Involve the whole family in physical activity because you are the role models!
- "Screen time" (computers, TV, gaming systems, texting, etc.) should be limited to 2 hours or less daily,
- Screens may be monitored easily if moved to a common area; keep them out of teenager's bedroom.
- A good night sleep with a regular bed time is critical to good health and weight maintenance.
- If you have concerns about your teenager's weight, physical activity or eating behaviors, ask your healthcare provider.

- Visit www.healthychildren.org for more information about caring for your child.

Safety

- Seat belts should be worn by all passengers in the car at all times.
- Texting or talking on the phone while driving can lead to accidental death. Phones should always be turned off and put away while driving.
- Alcohol, smoking and drugs are harmful to overall health. There is no safe amount.
- Talk to your teen about the responsible use of social media, including time limits and friending only people who are known to your teen in person. Discuss the risks of inappropriate or excessive social media use including depression, bullying and sexual victimization and help your teen understand that every post to social media leaves a digital footprint which can be used by colleges and future employers to affect your teen's future success.

Emergencies

- Before heading to the ER or urgent care, **call us first!** We have same day appointments including evenings and Saturday mornings. After hours, a doctor from our practice is always on call to discuss and help you manage your child's illness.

More Parent Tips...

- Do not criticize your teenager about their size and shape. Focus on strengths rather than appearance.
- Remember that parents can still influence choices...as a parent you are still the Role Model!



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio, the American Academy of Pediatrics-Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010

