

Healthy Eating for Teenagers:

The switch to independent eating

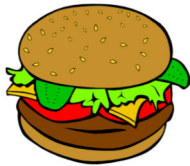


Getting a teenager to eat a well-balanced diet may seem difficult when they are making independent food choices, but with this guide, it may be easier than you think

HEALTHY EATING TIP OF THE MONTH—JANUARY 2019

The Switch to Independent Eating

Teenage years are a time of independence and responsibility including freedom in food choices. It is important as a parent to know how to help your teenager make healthier eating choices when they're on their own.



Challenges to Healthy Eating



Teens eat an increasing number of meals away from home

Teens are influenced by peers & their peers' food choices

Teens may feel pressure to be "thin"

Most teens have a desire for foods that are quick & convenient

Food ads for foods high in saturated fat and added sugar are persuasive

Helping Your Child with Healthy Eating Habits

Talking About Food

Avoid restricting foods or describing them as 'good' or 'bad'

Teach your teen to eat when hungry and to stop when full

Educated your child about the benefits of healthy eating

Role Modeling

Show your teen that healthy eating is important to you

Make time to eat breakfast

Eat healthy family meals

Create a Healthy Food Environment

Make healthy foods regularly available at home

Encourage your teen to assist with grocery shopping and in the kitchen

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Healthy Eating Tips for Teens!

Fruits & Veggies: eat at least 5 servings of fruits and vegetables every day including a variety of colors (Eat the Rainbow).

Whole Grains: choose whole grains such as oats, 100% whole wheat bread, popcorn, brown rice, instead of refined grains (ex: white bread and white rice).

Protein: power up with lean and low-fat protein sources like turkey, chicken, fish, nuts, and beans.

Dairy: pick nonfat and low-fat dairy options over the higher fat options.

Fats: your body needs fat to function but choose healthier fats like olive oil, avocado, and nuts and limit your trans and saturated fat intake.



Rethink Your Drink: Water and low-fat milk are great choices! Limit the intake of sugar-sweetened beverages, juices and energy drinks

-Fill a clean, reusable water bottle and toss it in your bag to quench your thirst throughout the day.

Limit the intake of sweets and treats (such as cookies, candy, fried foods and chips): these foods can be high in saturated fat, sugar, sodium and calories.

Don't Skip Meals! It may even lead to weight gain.



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What Nutrients Should You Pay Close Attention to:

Many teenagers are low in calcium, vitamin D, potassium, fiber, protein, and iron. It is important to make sure that you are getting enough of the nutrients by eating foods that are good sources of them. Here are some examples of each nutrient:

Calcium	Vitamin D	Fiber	Protein	Iron	Potassium
Broccoli	Sunlight	Whole Grains	Tofu	Beans	Banana
Dark, Leafy Greens	Eggs	Beans	Meat, Fish, Poultry, & Eggs	Meat, Fish, Poultry, & Eggs	Potato with the skin
Low-Fat Dairy	Milk	Fruits and Vegetables	Nuts	Dark, Leafy Greens	Spinach

Reasons Why You Should Eat Breakfast Every Day:

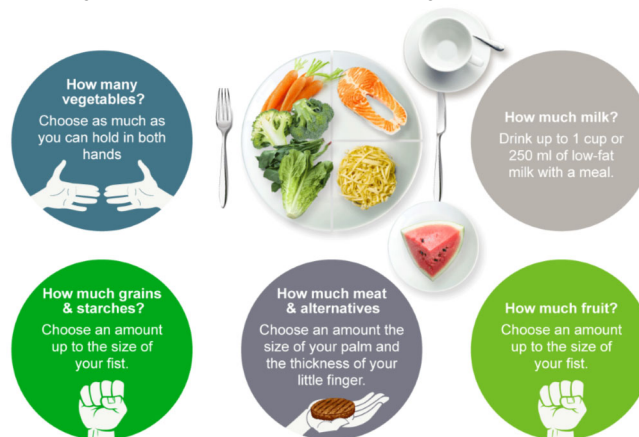
1. Gives you energy
2. Studies show that eating breakfast leads to better grades as it improves brain function and concentration
3. Helps you keep a healthy weight—those who skip breakfast tend to weigh more
4. It tastes great!!

Easy and Quick Breakfast Ideas:

1. Oatmeal & fruit
2. Yogurt, granola & fruit
3. Eggs, turkey sausage, & wheat toast
4. Waffle and peanut butter
5. Smoothie

Helpful Tips for Estimating Portion Sizes:

Portion sizes have increased over the years. Just one super-sized fast food meal may have more calories than you need in a whole day!



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Disordered Eating

The term “eating disorder” typically refers to one (or more) of the following:

Anorexia Nervosa

Characterized primarily by self-starvation and excessive weight loss.

Symptoms include: inadequate food intake leading to weight loss, intense fear of weight gain, obsession with size, and persistent behavior to prevent weight gain, disturbance of self-image, and denial of the seriousness associated with low body weight.

Bulimia Nervosa

Characterized primarily by a cycle of binge eating followed by compensatory behaviors, such as self-induced vomiting, in an attempt to counteract the effects of binge eating.

Symptoms include: regular intake of large amounts of food accompanied by a sense of loss of control over eating behavior, use of inappropriate compensatory behaviors such as vomiting, laxative or diuretic abuse, fasting, and/or obsessive or compulsive exercise, and extreme concern with body weight and shape

Binge Eating Disorder

Characterized primarily by recurrent binge eating without the regular use of compensatory measures.

Symptoms include: frequent episodes of eating large quantities of food in short periods of time, feeling out of control during the binge, and experiencing shame, guilt, and distress after the binge.

Other Specified Feeding or Eating Disorder (OSFED)

A feeding or eating disorder that causes significant distress or impairment but does not meet the criteria for another feeding or eating disorder.

Examples of OSFED include:

Atypical anorexia nervosa (weight is not below normal)

Bulimia nervosa (with less frequent behaviors)

Binge eating disorder (with less frequent occurrences)

Purging disorder (purging without binge eating)

Night eating syndrome (excessive nighttime food consumption)



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How to Help Someone with an Eating Disorder



It can be overwhelming to see a loved one struggle with an eating disorder or disordered eating. You can help your loved one on the path to recovery by learning about eating disorders, starting a conversation, and sharing supportive resources and treatment options.

Some Warning Signs of an Eating Disorder:

- ◇ Preoccupation with weight, food, calories, dieting, and/or body image
- ◇ Development of abnormal, secretive, extreme, or ritualized eating habits
- ◇ Withdrawal from usual friends and activities
- ◇ Evidence of binge eating, such as the disappearance of a large amount of food in a short period of time
- ◇ Evidence of purging behaviors, including frequent trips to the bathroom after meals, self-induced vomiting, periods of fasting, or laxative, diet pill, or diuretic abuse
- ◇ Compulsive or excessive exercising
- ◇ Discoloration or staining of the teeth
- ◇ Feelings of isolation, depression, anxiety, irritability

What Should I Say?

If you suspect that a loved one has an eating disorder, it may be difficult to approach them and express your concerns. However, it is appropriate to express these concerns in a caring and supportive way because your loved one's health, and maybe even life, may be in danger.

Be honest with them and be respectful. In a calm and caring way, talk to your loved one about specific things you see or feel. Share your memories of two or three times when you felt concerned, afraid, or uneasy because of their eating or exercise rituals. Talk about the feelings you experienced as a result of these events.

It is best to focus on the specific signs and symptoms that have caused you to feel concerned, not the person's weight or appearance. Try to do this in a very supportive, non-confrontational way.

Three Suggestions to Try

1. Use "I" Statements: "I'm concerned about you because you refuse to eat lunch and dinner. I feel afraid when I hear you vomiting."
2. Avoid accusatory "You" statements. "You have to eat something! You're out of control!"
3. Avoid giving simple solutions. "If you'd just stop then everything would be fine."

Find Help

Contact the Helpline to ask about these resources: What Should I Say?

Tips for Talking to a Friend Who May Be Struggling with an Eating Disorder

How to Help a Friend with Eating and Body Image Issues

Parent Toolkit (includes info for all loved ones)

Treatment Options:

www.nationaleatingdisorders.org/find-treatment • 800-931-2237 • www.nationaleatingdisorders.org/helplinechat • info@nationaleatingdisorders.org

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Snack Recipes

Berries and Spinach Smoothie:

Try this smoothie, loaded with nutrition powerhouses such as milk, bananas, blueberries, kiwi and yes, spinach!

Ingredients:

2 cups frozen unsweetened strawberries
½ cup blueberries
1 banana cut in chunks
½ kiwi, sliced
2 cups fresh spinach
½ cup ice cubes
1 cup fat-free milk
½ cup 100-percent apple juice

Directions:

1. Combine strawberries, blueberries, banana, kiwi, spinach, ice cubes, fat-free milk and apple juice in blender.
2. Blend until smooth.
3. Serve in a cup.



Caprese Salad on a Stick:

A skewered version of the mouth-watering combination of creamy mozzarella, fresh sweet cherry tomatoes and homegrown basil, drizzled with extra-virgin olive oil and a pinch of sea salt. This recipe is a good source of calcium and vitamins A and C.

Ingredients:

Per Stick

¾ ounce fresh mozzarella cheese
(approximately 3 round cheese balls)
3 basil leaves
3 cherry tomatoes
1 teaspoon extra-virgin olive oil
⅛ teaspoon sea salt (optional)
Bamboo skewer

Directions:

1. In order, assemble cheese, basil and tomato onto the skewer until all ingredients are stacked beautifully.
2. Drizzle olive oil over assembled skewer, and add a pinch of sea salt if desired.



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