



A Toolkit for Healthy Teens & Strong Families

# BODY BASICS





# BODYWORKS

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# BODY BASICS



**OWH**  
OFFICE ON WOMEN'S HEALTH

*W*omenshealth.gov

OWH Helpline: 800-994-9662



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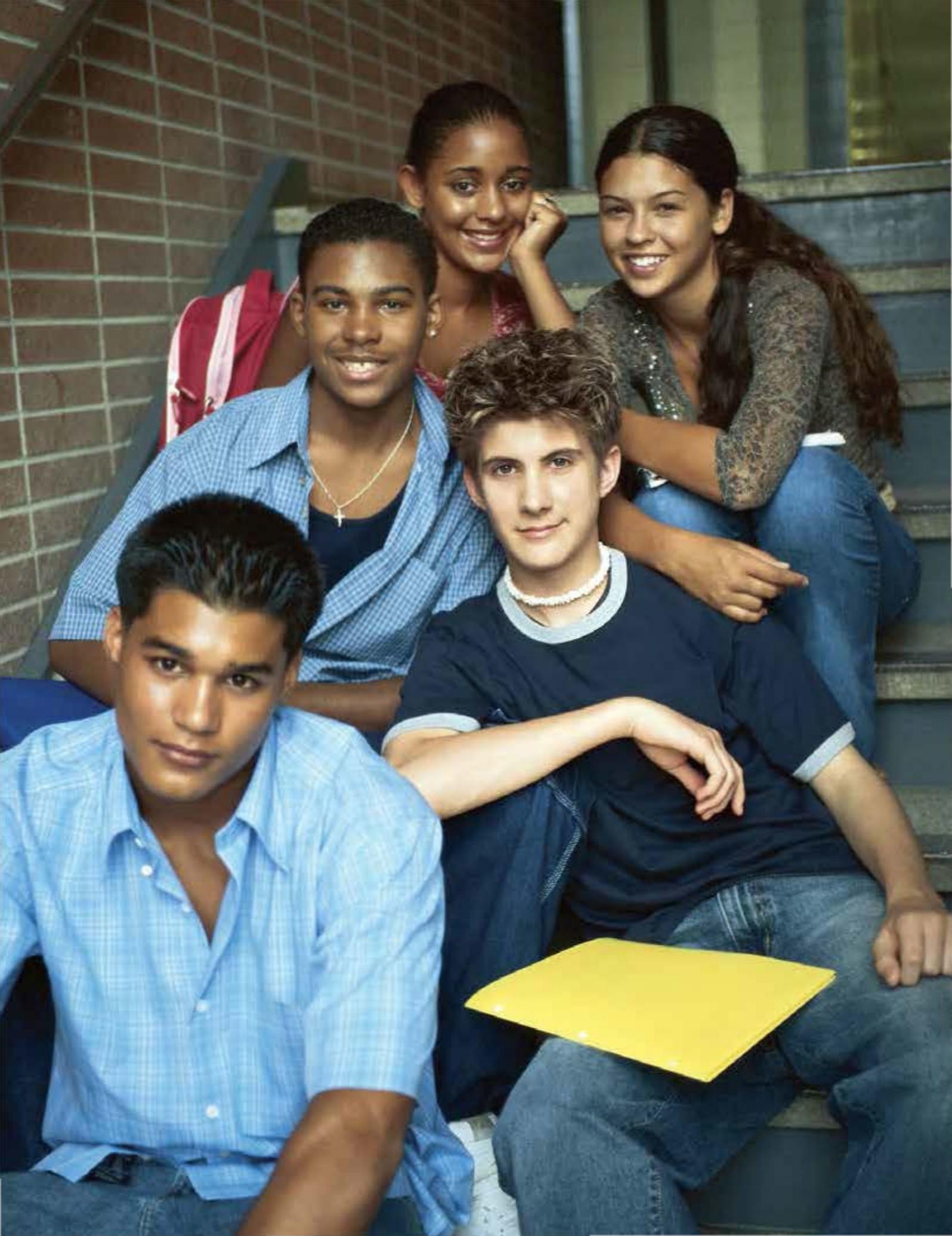


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*Parents and other caregivers set an example of healthy living and lay the foundation for our children's success. Whether providing nourishing meals, attending regular check-ups, or encouraging outside activity, they teach the habits and values for mental and physical well-being that last a lifetime.<sup>1</sup>*

— Barack Obama, Presidential Proclamation, October 2010

*BodyWorks provides you with more than just information about healthy eating and physical activity. The BodyWorks toolkit contains tools to support you and your family as you try to change everyday habits.*

BodyWorks was created by the Office on Women's Health (OWH) in the U.S. Department of Health and Human Services.

Go to [www.womenshealth.gov](http://www.womenshealth.gov) for more information on OWH programs for women, adolescent girls, and their families.

OWH also maintains a girls' health website at [www.girlshealth.gov](http://www.girlshealth.gov) and a bone health website for girls at [www.bestbonesforever.gov](http://www.bestbonesforever.gov).

## WHY DO YOU NEED BODYWORKS?

**Welcome to BodyWorks, a toolkit for parents and other adult caregivers of young teens. BodyWorks is designed to help your family make healthy eating choices and become more physically active.**

Today, record numbers of children and adolescents are at risk for serious health problems because they are overweight. Dieting is not the answer. Research shows that teens who diet do not get proper nutrition and may gain even more weight.

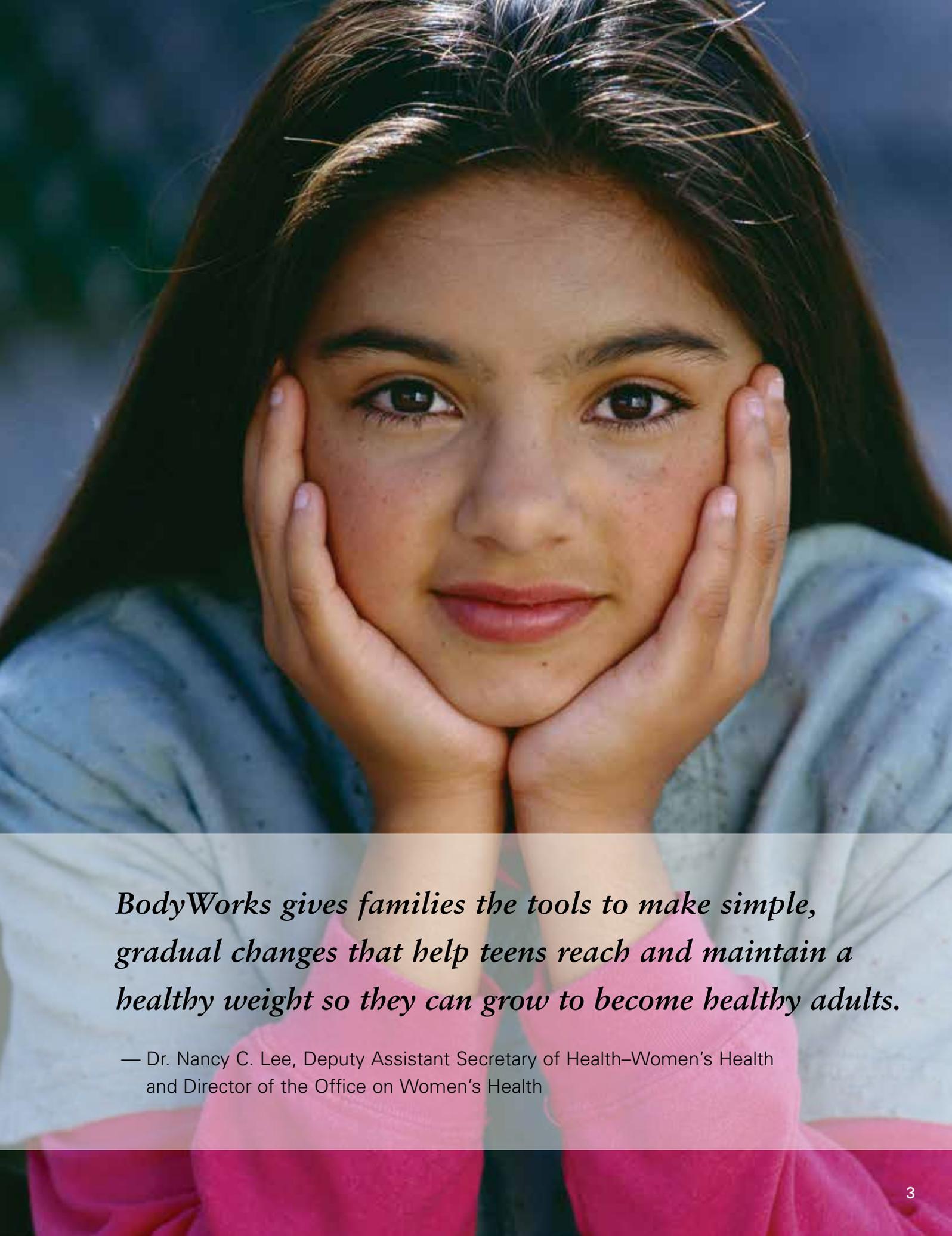
The best way to control weight is to eat fewer calories while increasing physical activity. To reach this goal, you may need to change family eating or activity habits.

As a parent or caregiver, you have an important role to play in supporting your child and other family members in these efforts. BodyWorks can help you in this challenge.

This booklet is divided into seven sections called "7 Simple Steps to Healthy Living." Also, the BodyWorks toolkit contains a number of tools to support these steps to healthy living. You will read about BodyWorks in the next few pages.

**Making changes to everyday habits and behaviors takes time. Take the first step and read through this publication.**





*BodyWorks gives families the tools to make simple, gradual changes that help teens reach and maintain a healthy weight so they can grow to become healthy adults.*

— Dr. Nancy C. Lee, Deputy Assistant Secretary of Health–Women’s Health and Director of the Office on Women’s Health

# 7 SIMPLE STEPS TO HEALTHY LIVING

*The BodyWorks toolkit items can help your family lead a healthy, fit lifestyle.*



1

## *Decide to live a healthy lifestyle*

Make the commitment to healthy eating and physical activity habits for you and your family members.

2

## *See where you are now*

Where does your family stand when it comes to eating and physical activity? Find out by recording the family's eating and activity habits for the first week.

3

## *Understand healthy eating*

Learn what healthy eating really means, from basic nutrition facts to meal and snack preparation.





# 4

## *Recognize the benefits of physical activity*

Find out why physical activity is so important and how you can make it part of your family's everyday routine.

# 5

## *Set goals and plan*

Use a daily journal to record eating and activity habits and to help set goals.

# 6

## *Shop, cook, and eat together*

Make nutritious, convenient meals by preparing a shopping list, choosing delicious recipes from the BodyWorks recipe book, and more.

# 7

## *Support a healthy lifestyle for your family*

Create an environment at home, at school, and within your community that supports healthy eating and physical activity.



*Your BodyWorks toolkit contains tools to help you reach your goals for each of the 7 steps to healthy living.*

# 1 Decide To Live A Healthy Lifestyle

Body Basics

Body Basics introduces you to the BodyWorks toolkit, gives you the facts about nutrition and physical activity, and helps you stay on track.

# 2 See Where You Are Now

Journals

The *Best Journal Ever!* My Food and Fitness Diary helps each family member record and keep track of meals, snacks and activities. Your toolkit contains journals for both parents and adolescents.

# 3 Understand Healthy Eating

DVD

A DVD for family members of all ages that presents tips for menu planning, shopping, cooking, and being physically active.

# 4 Recognize The Benefits Of Physical Activity

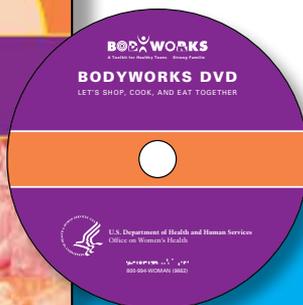
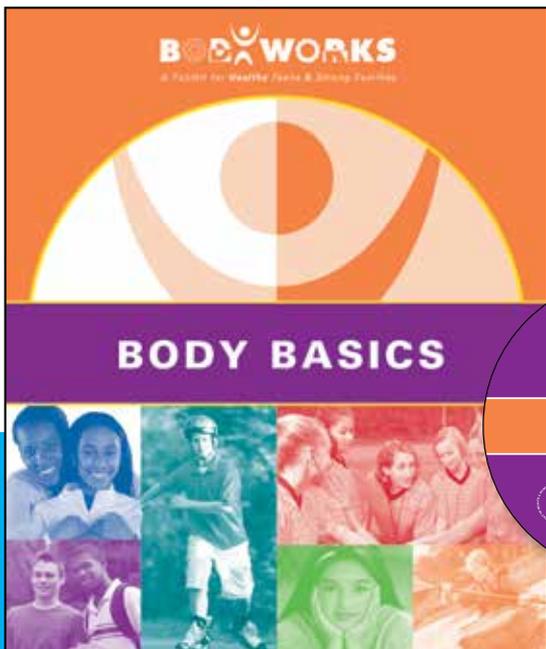
Weekly Session Physical Activities

BodyWorks program leaders will teach you about physical activity recommendations for kids and adults.

# 5 Set Goals And Plan

Weekly Planner

The Weekly Planner is a refrigerator magnet and wipe-off board designed to help families plan meals, snacks, and physical activities for the week ahead.



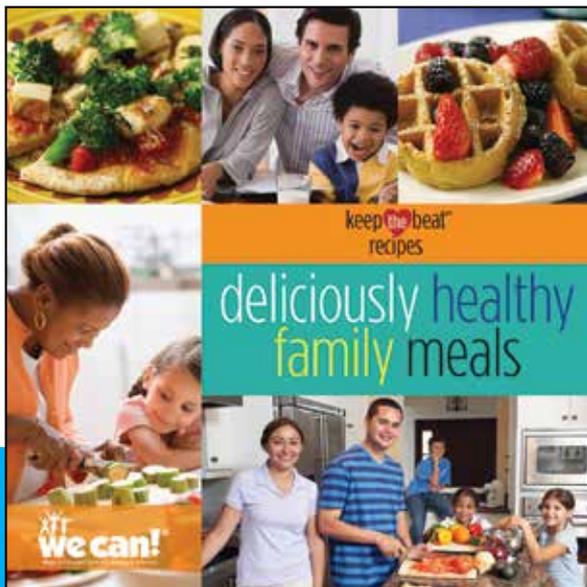
# 6

## Shop, Cook, and Eat Together

Shopping List and Recipe Book

*Keep the Beat Recipes: Deliciously Healthy Family Meals* provides healthy, simple, and time-saving recipes appealing to both children and adults, as well as tips on food shopping, cooking, and eating healthy.

Shopping Lists for each week of the year provide samples of healthy foods to keep in the kitchen and provide extra space for writing down your own food choices.

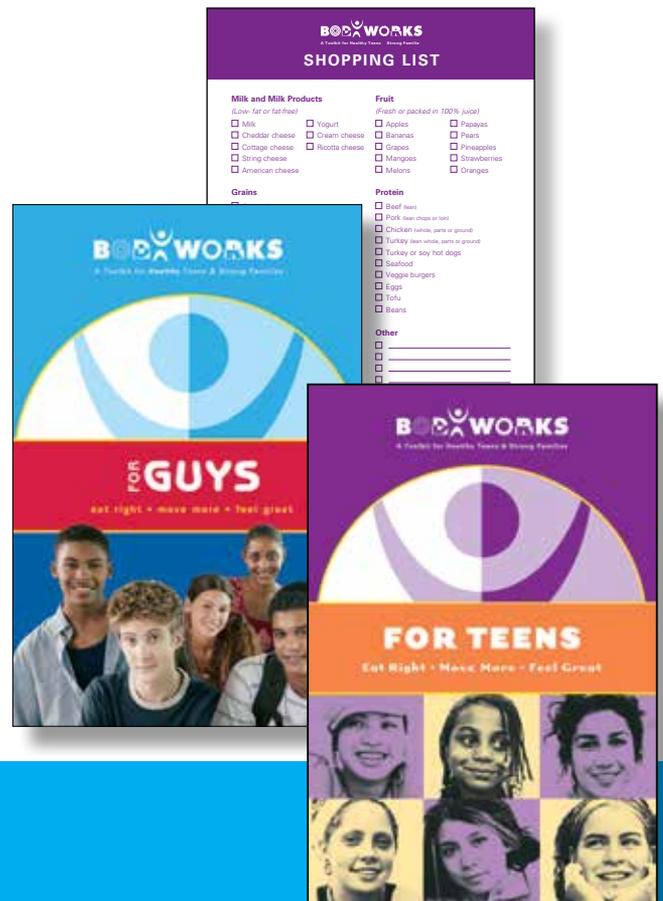


# 7

## Support A Healthy Lifestyle For Your Family

BodyWorks For Teens  
BodyWorks For Guys

These are publications for teens that provide facts about nutrition and physical activity in a fun, interactive format. Goal-setting and planning tools are also provided.



A young boy with short dark hair is sitting on a swing set, smiling broadly at the camera. He is wearing a dark blue t-shirt and a red zip-up jacket. The swing set has yellow plastic chains. The background shows a wooden fence, a house, and green grass.

*Everyone is going to see that small changes can make a big difference. If our kids get into the habit of getting up and playing, if their palates warm up to veggies at an early age, and if they're not glued to a TV screen all day, they're on their way to healthy habits for life.<sup>2</sup>*

— Michelle Obama, Let's Move

# CHANGE TAKES TIME

Making big changes in your life is not easy. It takes about three months to change a behavior and about six months to make a new behavior part of your everyday routine.

It's important that you begin by taking a few small steps.<sup>3</sup>

- ◆ **Think about your reasons for making healthy lifestyle changes for you and your family.** Keep these reasons in mind as you begin to make these changes.
  - ◆ **Build on what you already do.** Think about the healthy foods and activities your child and family already enjoy, and start from there.
  - ◆ **Figure out what may get in the way of making these changes so you are prepared to deal with them.** Examples include lack of support from other family members and busy parent and child schedules.
  - ◆ **Decide on two or three small changes in eating or physical activity.** For example, set a goal to make a healthy bag lunch for your child at least two days per week. Add one or two more goals after a few weeks. Remember to write your goals down and refer back to them regularly.
  - ◆ **Keep a daily food and activity journal.** Journals help keep all family members on track and help everyone check their progress.
  - ◆ **Reward your successes.** Congratulate your family members when you see positive changes.
  - ◆ **Get a BodyWorks buddy.** Ask your family to join you in using this toolkit. Form a monthly discussion group with other adults at a school or recreation center for new ideas and extra support.
  - ◆ **Know that you can do it!** Use the many resources in this kit to build your skills and confidence to select a healthy eating pattern and encourage regular physical activity for all family members.
- Remember, change happens gradually. Don't be discouraged by slips—they are a normal part of changing behavior. Just get back on track.**





## *Decide to live a healthy lifestyle*

Parents and other adult caregivers have an important role to play in helping their children live healthy, active lives. Make the commitment to support a healthy lifestyle for them, for you, and for all family members.

## *Did you know?*

- ♦ About 72% of men and 64% of women are overweight or obese.<sup>5</sup>
- ♦ A child under 10 years of age with obese parents faces double the risk of becoming an obese adult.<sup>6</sup>
- ♦ On average, adolescents eat at fast food restaurants twice a week.<sup>7</sup>
- ♦ On a typical day, 80% of youth drink sugary drinks.<sup>8</sup>
- ♦ The average child in the U.S. watches 40,000 TV ads for food each year. Most promote sugared cereals, candy, fast foods, and soft drinks.<sup>9</sup>



# FOR HEALTHY TEENS

## *Teens and being overweight*

Over the past three decades, childhood obesity rates in America have tripled, and today nearly one in three children in America are overweight or obese. In African American and Latino communities, nearly 40% of the children are overweight or obese.<sup>1</sup> A significant worry is that about 70% of overweight teens become obese adults, since eating patterns established in childhood often track into later life.<sup>2</sup>

**Being overweight is about more than physical appearance.** Teens who are overweight are at risk for serious health problems now and in the future. These problems include high blood pressure, heart disease, type 2 diabetes, high cholesterol, asthma, some types of cancer, orthopedic problems, and liver disease.<sup>3</sup>

**Researchers are also finding that overweight may be connected to poor self-esteem, depression, and anxiety.**<sup>4</sup>

If you think your child may be overweight, consult a pediatrician or family doctor. A doctor can suggest ways for your child to reach a healthy weight. The doctor can also discuss whether any emotional problems may be contributing to a weight problem.

Most importantly, a family needs to work together to form healthy eating and physical activity habits for a lifetime. BodyWorks can help by providing you with information and tips to start your family on the path to a healthy lifestyle.





## Puberty and weight

Girls are growing physically and emotionally during adolescence. Before age 11 or 12, girls may get taller and heavier and have more fat around their hips, waist, and breasts. Boys experience their growth spurt from 10 to 16 years of age. They will get taller, gain weight, have broader shoulders, and develop muscles. During this time, preteens may become sensitive about their appearance, particularly as they begin comparing themselves to peers and images in the media. They need to be reassured that some of this weight gain is a normal part of puberty.

For these reasons, a pediatrician or family doctor is the best person to determine if your child is overweight. If overweight is an issue, the goal will be to reduce the rate of body weight gain while allowing for normal growth and development. It is also important that you let your child know that you accept him or her, regardless of weight.

## What is a healthy weight?

Most doctors use special growth charts to determine if a child is underweight, overweight, or within a healthy weight range.

First, a child's body mass index (BMI) is calculated by dividing her weight in kilograms by height in meters squared. The BMI measurement is then compared to other children who are of the same age and gender. The comparisons are expressed as percentiles. For example, for a 12-year-old girl who is in the 50th percentile, 50% of girls her age weigh more and 50% weigh less than her.<sup>10</sup>

### The following BMI cutoff points are used to evaluate your child's weight:

- ◆ Underweight: less than the 5th percentile
- ◆ Overweight: 85th percentile up to 95th percentile
- ◆ Obese: 95th percentile or above

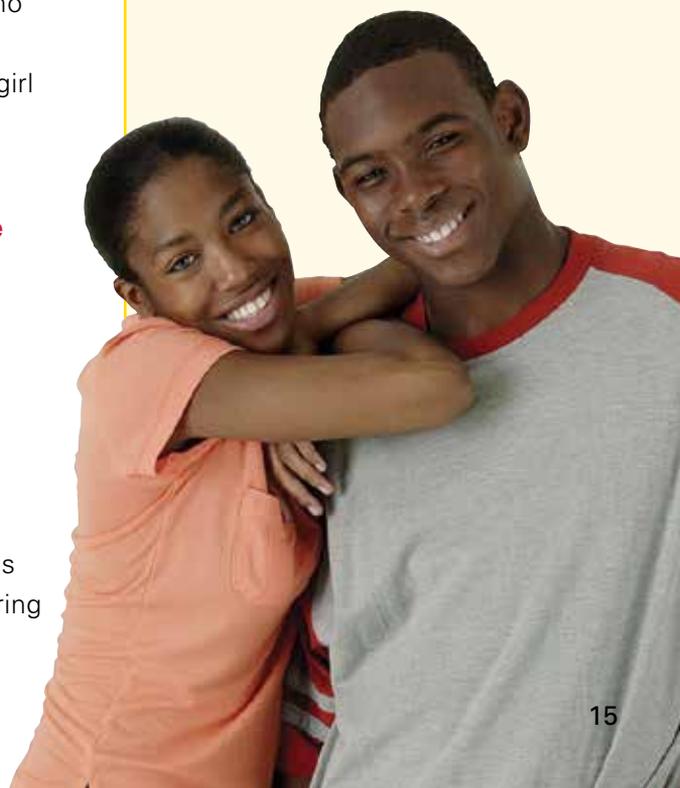
However, BMI measurements are not always accurate in determining a child's body fat percentage since body composition changes at different rates and different times as a child grows. For example, boys are usually leaner during growth spurts, while girls gain body fat during puberty.<sup>11</sup>

## Weight across cultures

Being overweight or obese affects youth from all races and ethnicities; however, some groups have higher rates among adolescents 12–19 years of age. For example, in 2010, obesity rates among boys and girls from different cultures varied:<sup>12</sup>

- ◆ non-Hispanic white boys: 17%
- ◆ non-Hispanic white girls: 15%
- ◆ non-Hispanic black boys: 20%
- ◆ non-Hispanic black girls: 30%
- ◆ Mexican-American boys: 27%
- ◆ Mexican-American girls: 14%

45% of American Indian children 2–19 are overweight or obese. 60% of children from Guam are overweight or obese.<sup>13</sup>



# WEIGHT AND EMOTIONS

Eating is often about more than being hungry. It is a way to celebrate a happy event, follow cultural traditions, or socialize with friends. For some people, however, eating is a way to deal with difficult feelings such as stress, depression, and anxiety. This is called emotional eating, and it can lead to overeating, or even eating disorders.

Like adults, children and adolescents may eat for emotional reasons. One study, for example, found that 11-year-old school children who were stressed tended to eat more unhealthy foods and eat fewer nutritious meals and snacks.<sup>14</sup>



Researchers are now also finding links between serious emotional problems and overweight, including:

- ◆ Depressed adolescents may actually be at greater risk of becoming obese.<sup>15</sup>
- ◆ Children who develop serious behavioral problems may be five times more likely to become overweight two years later.<sup>16</sup>
- ◆ Overweight and heaviness are related to more negative body images among both genders. Girls tend to have a considerably lower body image than boys.<sup>17</sup>
- ◆ Teasing about body weight is associated with feeling badly about one's appearance, low self-esteem, depression, and even thinking about and attempting suicide.<sup>18</sup>

Talk to your child about her feelings and how they may be connected to her eating habits. Consult a pediatrician or family doctor if you think your child may be suffering from more serious emotional problems. A doctor can help you determine if your son or daughter needs to talk to a mental health professional.

Information about body image and eating disorders is available at [www.womenshealth.gov](http://www.womenshealth.gov). Information for girls is available at [www.girlshealth.gov](http://www.girlshealth.gov).



*You know that mood affects what you eat...but you don't think about it in your own children because they always seem to be happy-go-lucky.<sup>19</sup>*

— Parent, OWH Focus Group, Albuquerque, NM

## *Smoking and weight control*

Research shows that people under age 30 are more likely to smoke if they are trying to lose weight, even though many want to stop smoking.<sup>23</sup>

Teen girls may be especially open to the risks of smoking for weight control. Cigarettes are often marketed as “slims” or “thins” to play into the social pressures on young women to control their weight, manage stress, and look grown up. One study found that girls who had dieted up to one time each week were twice as likely to become smokers and girls who dieted more often had four times the odds of becoming smokers.<sup>24</sup>

**Adolescent girls need to be warned that using tobacco is not a good way to lose weight.**

In addition, nicotine and toxins in cigarettes destroy bone-building cells and can prevent girls from reaching peak bone mass.

Parents can offer their children facts about smoking, help them understand the marketing strategies behind ads for cigarettes, and offer healthier ways to control weight.

Visit **[www.women.smokefree.gov](http://www.women.smokefree.gov)**, **[www.teens.smokefree.gov](http://www.teens.smokefree.gov)**, or call 1-800-QUIT-NOW for more information.

## **THE FAD DIET TRAP**

Many adolescent girls are unhappy with their bodies and try to lose weight by using unhealthy dieting practices such as skipping meals, fasting, smoking, severely restricting calories, or eliminating whole classes of foods such as starches and sugars. Some girls are using even more extreme methods, such as making themselves vomit and using diet pills and laxatives.<sup>20</sup>

The best approach is to encourage healthy eating practices and regular physical activity. Fad diets do not provide the right kind of nutrition girls need to grow.

Also, unhealthy diets may cause some girls to gain more weight and develop lifelong unhealthy eating habits. One study, for example, found that children who purposefully diet actually gain more weight in the long term than children who do not diet. This is because unhealthy dieting may cause a cycle in which children eat very little and then overeat or binge eat (eating large amounts of food in a short period of time, usually alone, without being able to stop when full).<sup>21</sup>

Girls who feel dissatisfied with their bodies and use unhealthy dieting methods are also at increased risk for eating disorders, obesity, poor nutrition, growth impairments, and emotional problems such as depression.<sup>22</sup>



*As a nation, we are all getting obese and it is starting in childhood. One of the major consequences of this is that more and more of our children will develop type 2 diabetes. This is a major public health problem and we are going to have to make major lifestyle changes to prevent it.*<sup>26</sup>

— Kenneth Lee Jones, M.D.,  
Professor of Pediatrics  
University of California,  
San Diego

## **TYPE 2 DIABETES AND OVERWEIGHT**

### *Is your child at risk?*

Type 2 diabetes accounts for 90 to 95% of all diagnosed cases of diabetes.<sup>25</sup> At one time, type 2 diabetes was found mainly in adults who were overweight and over 40—but this is no longer the case.

Today, children and adolescents are also being diagnosed with the disease. Risk factors for type 2 diabetes include being overweight and having a family member with the disease.

Scientists are now researching how to prevent and treat type 2 diabetes in children. The best approach is to help your child eat well, be physically active, and maintain a healthy weight.



## *What is diabetes?*<sup>27</sup>

Diabetes means that your blood glucose (known as blood sugar) is too high. Your body needs glucose for energy. However, too much glucose in the blood isn't good for your health.

Diabetes is a chronic disease associated with serious health problems such as heart disease, blindness, kidney failure, and amputations—or even premature death. However, people with diabetes can take steps to control the disease.

### **There are two types of diabetes:**

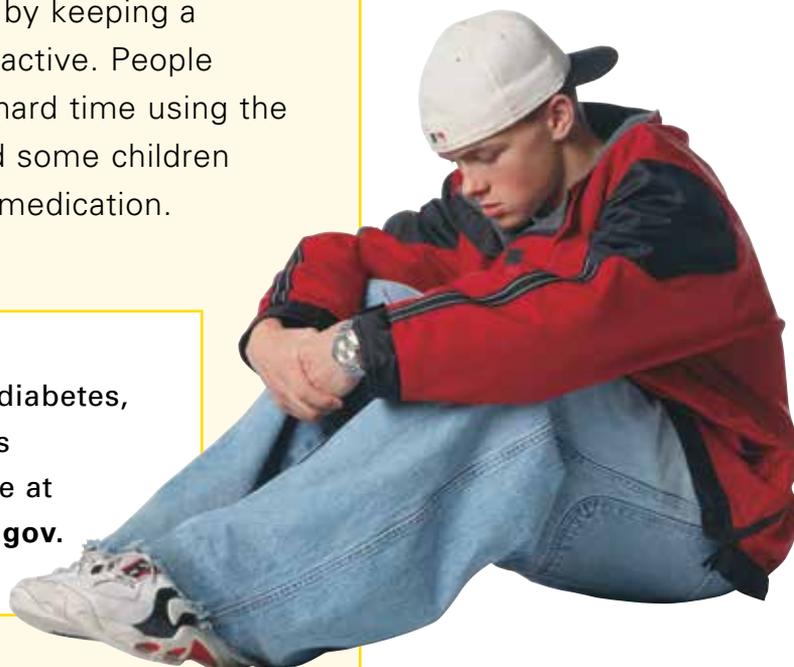
- ◆ Type 1 diabetes accounts for 5 to 10% of all diagnosed cases of diabetes. It most often occurs in children and teens and continues through adult life. People with type 1 diabetes cannot make insulin and must take insulin to control the disease and maintain health.
- ◆ Type 2 diabetes was once known as adult-onset diabetes but is now also seen in children and adolescents. In some cases, type 2 diabetes can be delayed or prevented by keeping a healthy weight and by being active. People with type 2 diabetes have a hard time using the insulin their bodies make and some children and teens may need to take medication.

For more information on diabetes, visit the National Diabetes Information Clearinghouse at <http://diabetes.niddk.nih.gov>.

## *Symptoms of type 2 diabetes*

- ◆ Feeling very tired, thirsty, or nauseated
- ◆ Having to urinate frequently
- ◆ Unexplained weight loss
- ◆ Blurred vision
- ◆ Frequent infections
- ◆ Sores and wounds that are slow to heal
- ◆ Physical signs of insulin resistance, such as a dark, thick, or velvety appearance on skin around the neck or in the arm pits.

Some children or teens may not show any of these symptoms when they are diagnosed. That's why it's important to talk to a health care provider about testing if your child is at risk for type 2 diabetes.



# DIABETES, RACE, AND ETHNICITY<sup>28</sup>

Children from certain ethnic and racial groups may be at even greater risk for type 2 diabetes. These groups include African Americans, Hispanic Americans, American Indians, and some Asian Americans and Pacific Islanders. The risk is higher if the child is also overweight and has a family history of the disease.

In fact, adults over 20 from these ethnic and racial groups are much more likely to have diabetes than adults who are White.

Major groups within the Asian and Pacific Islander communities (Japanese Americans, Chinese Americans, Filipino Americans, and Korean Americans) all have higher prevalence rates than those of Whites.





## *Are asthma and obesity related?*

Childhood asthma is the main cause of chronic illness in children and is a leading cause of school absences.<sup>29</sup> Asthma affects nearly 5 million children and adolescents under 18.<sup>30</sup>

Experts believe there is a connection between obesity and asthma but are not exactly sure why. One possible reason is that children with asthma may be less physically active. Another theory is that obesity may trigger coughing, wheezing, and difficulty breathing.<sup>31</sup>



# HEALTHY WEIGHT:

## *What's a family to do?*

Most experts agree that parents or other adult caregivers have the most influence in shaping eating, activity, and lifestyle habits of teens. How can you begin? The following are some general tips to help you get started:

**Teach your child healthy habits through your own actions.** Children are often more willing to eat healthy foods and be active if they see their parents and other family members doing these things first.

**Eating the right amounts of foods and calories is important.** Eat the right amount of calories and combination of foods for your age, sex, and activity level. Check out the website [www.choosemyplate.gov](http://www.choosemyplate.gov) to determine the best combination of foods and nutrients for each member of your family.

**Avoid unhealthy eating habits** such as skipping meals to lose weight, complaining about your body, or using food as a reward or to make yourself feel better.

**Help your children learn to control their own eating.** Encourage them to stop eating when full. Avoid forcing them to eat certain foods, requiring that they “clean their plate,” and forbidding particular foods. These actions may actually lead to overeating.

**Offer your child a variety of healthy foods at meals and snack times** including fruits, vegetables, whole grains, fat-free or low-fat dairy products, and protein foods that provide fewer calories and more nutrients.

**Encourage them to drink water instead of sugary drinks.**

**Eat meals together as a family.** Not only are meals an important social outlet, they also help parents and caregivers keep track of what young people are eating, as well as their activities and moods.

**Participate in physical activities with your child.** Take your children to parks, beaches, and other places where they can be physically active. Take walks, hikes, or bike rides as a family.

**Limit screen time spent in front of the television or computer, or playing video or hand-held games.** These activities encourage children to be inactive and expose them to unhealthy food advertisements. Take the television out of your teen's bedroom.





## *See where you are now*

The *Best Journal Ever!* My Food and Fitness Diary helps you keep track of your family's eating and activity habits.

Once you understand your family's current habits, you can start thinking about changes you'd like to make.

# HOW TO USE YOUR JOURNAL

The ***Best Journal Ever! My Food and Fitness Diary*** can be a helpful tool in better understanding eating habits and tracking activity patterns. If you prefer to track your eating and activity online, go to [www.choosemyplate.gov/SuperTracker](http://www.choosemyplate.gov/SuperTracker), an online dietary and physical assessment tool. You can also search online for a free food journal. There are many websites that help you keep track of food and activity online for free.

Many restaurants now include nutritional information on their menus or websites. Look up the statistics on the meals you eat out and include these in your journal to help you make healthy choices when you eat out!

On the next page is a sample entry from a daily journal to show you what a few days may look like. Remember to write down what you eat for each meal as well as snacks. Note the time that you ate and how much you ate. Describe the type of activity you were engaged in each day and for how long.

## Here are some other hints:

- ◆ **Write in your journal as soon as you eat or complete a physical activity.** Carry your journal with you throughout the day.
- ◆ **Write down everything,** including all snacks, even if it's just one cracker.
- ◆ **Be honest.** The journal is most useful if you and your family members are completely truthful.
- ◆ **Be specific about how the meal was cooked** (fried, grilled, etc.) as opposed to listing “potatoes” for French fries or “fish” for popcorn shrimp.
- ◆ **Record your drinks including sizes** (8 oz., 24 oz.)
- ◆ **Note where you were eating**—at a restaurant, with family members at home, or alone in your room.
- ◆ **It may also be important to note how you were feeling while eating** (happy, sad, depressed, worried, bored) to help you identify emotional overeating.

# SAMPLE JOURNAL ENTRY

Dates: October 5 to October 11

	Sun: <u>10/5</u>	Mon: _____	Tue: _____
<b>BREAKFAST</b>	Waffles with sliced bananas on top cup of fat-free yogurt orange juice calcium <input checked="" type="checkbox"/> vitamin D <input checked="" type="checkbox"/> Mood <u>sleepy!</u>	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood
<b>LUNCH</b>	grilled cheese sandwich on whole-wheat bread baby carrots chocolate milk calcium <input checked="" type="checkbox"/> vitamin D <input checked="" type="checkbox"/> Mood <u>bored</u>	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood
<b>DINNER</b>	whole-wheat quesadilla with chicken broccoli and cheese calcium <input checked="" type="checkbox"/> vitamin D <input checked="" type="checkbox"/> Mood <u>happy</u>	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood
<b>SNACK</b>	sliced apples dipped in peanut butter calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood <u>relaxed and a little sleepy</u>	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood	calcium <input type="checkbox"/> vitamin D <input type="checkbox"/> Mood
<b>EXERCISE</b>	practiced dance routine 30 went for a walk 45 total exercise 75 mins		

# CHECKING YOUR JOURNAL

**After members of your family have completed their journal entries for one week, sit down and review each other's entries together.** As you read their entries, you will become more familiar with the eating and activity habits of the children and adults in your family. Use the questions on this page to help you look for areas to improve, such as eating breakfast most days, packing healthy lunches, using low-fat or fat-free milk instead of whole milk, or buying more fruits and vegetables to have around the house. Limiting time spent watching television and playing video games can allow more time for healthy meals and snacks and physical activity.

If your family members agree, you can check their entries again within a month or two to see if they have made any changes. Family members should be encouraged to check their own journals every week. **Regularly checking your journals will help you to set and achieve healthy eating and physical activity goals.**

Check out CDC's interactive tool to examine what you eat:  
**[www.fruitsandveggiesmatter.gov/activities/analyze\\_my\\_plate.html](http://www.fruitsandveggiesmatter.gov/activities/analyze_my_plate.html)**



## Reviewing your journal

**Answer the questions below to help assess your journal entries. After you have completed them, use your answers to help write goals for your family.**

1. Did family members eat breakfast most days of the week?  
 Y  N
2. Did family members eat fruits and vegetables each day?  
 Y  N
3. Did the vegetables include any deep-yellow or dark-green varieties, like squash or spinach? (Don't count French fries, other fried potatoes, and onion rings as vegetables!)  
 Y  N
4. **a)** How many servings of milk products did the children and other family members have each day?  
 0  1  2  3  4  5  more
- b)** Were the milk products low-fat or fat-free?  
 Y  N
5. Did family members eat low-fat yogurt or cheese? What about other sources of calcium such as spinach, and other dark-green, leafy vegetables or calcium-fortified foods or drinks?  
 Y  N
6. Were cooked foods prepared by baking, grilling, steaming, or boiling, rather than by frying or other methods that add fat?  
 Y  N
7. Did the meals include lean meat, poultry, fish, tofu, beans, eggs, or nuts?  
 Y  N
8. Did family members reduce the amount of high-sugar beverages (e.g. sodas, fruit drinks) they consume or eliminate them entirely?  
 Y  N
9. Do the children's lunches (either cafeteria or bag lunch) include fruits, vegetables, whole grains, low-fat/fat-free milk, or low-fat/fat-free milk products?  
 Y  N
10. How many meals were from fast-food restaurants this past week?  
 0  1  2  3  4  5  more
11. How many hours per week were each of the children and adults physically active?  
 0  1  2  3  4  5  more
12. Did family members say they overate for emotional reasons, such as feeling sad, bored, or angry?  
 Y  N

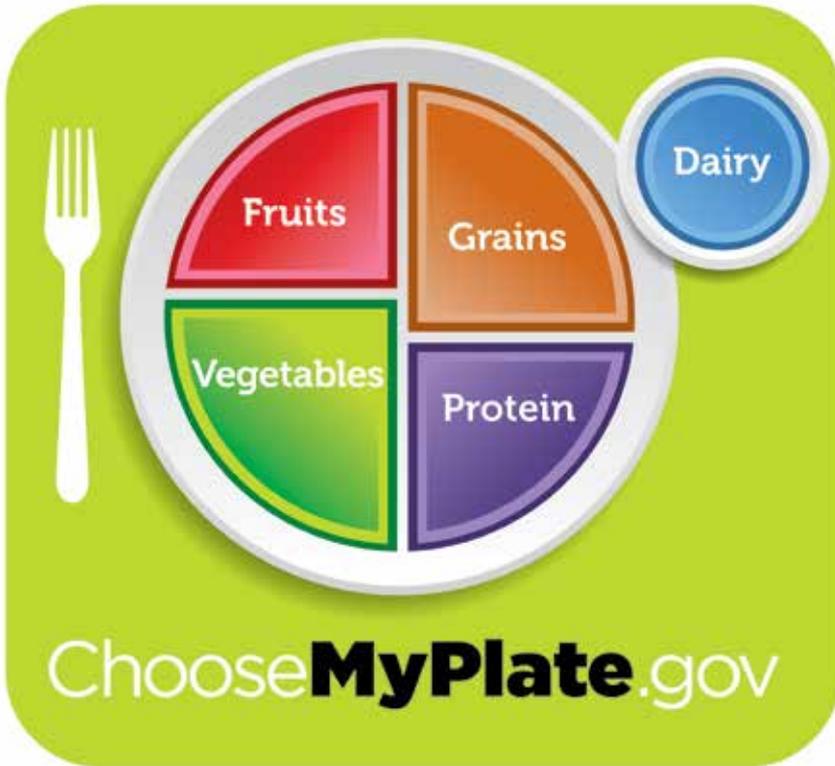




## *Understand healthy eating*

Get the facts and skills you need to help your family reach and maintain healthy weight, including basic facts on nutrition and practical tips on preparing healthy meals and snacks.

# EATING HEALTHY



Adopt a healthy eating pattern, such as those offered by **USDA Food Patterns**, and the **Dietary Approaches to Stop Hypertension (DASH) Eating Plan**, described in the new dietary guidelines at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

- ◆ Enjoy your food, but eat less. Avoid oversized portions.
- ◆ Eat vegetables, fruits, whole grains, fat-free or low-fat dairy products, and seafood more often.
- ◆ Make half of your plate fruits and vegetables.
- ◆ Eat foods less often that are high in solid fats (major sources of saturated and trans fats) and added sugars.
- ◆ Switch to fat-free or low-fat (1%) milk.
- ◆ Compare sodium content in foods like soup, bread, and frozen meals, and choose those with lower sodium.
- ◆ Drink water instead of sugary drinks (like sodas, juices, sports drinks, flavored milks, specialty coffees, and more).

# WHAT TEENS & FAMILIES NEED

Healthy, balanced eating for children, teens, and adults includes a mix of different foods. Here's what a healthy eating plan looks like for teens and adults who need about 2,000 calories a day:

HOW MUCH EACH DAY	TIP
<p><b>FRUITS</b> 2 cups (4 servings)</p>	<p>Choose whole fruit and 100% fruit juice. Whole fruit can be fresh, frozen, dried, or canned in 100% juice or water.</p>
<p><b>VEGETABLES</b> 2½ cups (5 servings)</p>	<p>Aim for a variety of fresh, frozen, or canned vegetables each week, including:</p> <ul style="list-style-type: none"> <li>◆ Dark-green, leafy vegetables, like spinach, broccoli, collard, turnip, and mustard greens</li> <li>◆ Red and orange vegetables, like carrots, tomatoes, red peppers, pumpkin, and sweet potatoes</li> <li>◆ Beans and peas (legumes), such as kidney beans, lentils, chickpeas, and pinto beans</li> <li>◆ Starchy vegetables, such as corn, green peas, and white potatoes</li> <li>◆ Other vegetables, either cooked or raw, such as iceberg lettuce, green beans, and onions</li> </ul>
<p><b>GRAINS</b> 6 ounces (oz.) total (9–11 servings) At least 3 oz. should be whole grain.</p>	<p>Aim to make half of your grains whole grains, including:</p> <ul style="list-style-type: none"> <li>◆ Whole-wheat and whole-grain bread</li> <li>◆ Whole-grain pasta</li> <li>◆ Whole-grain cereals and crackers</li> <li>◆ Oatmeal</li> <li>◆ Brown rice</li> </ul> <p>When not eating whole grains, aim to eat enriched white breads, grain cereals and crackers, pasta, and white rice.</p>
<p><b>DAIRY</b> 3 cups (3 servings) 1 serving of cheese = 1½ oz. of natural cheese or 2 oz. processed cheese</p>	<p>Milk and milk products should be fat-free or low-fat:</p> <ul style="list-style-type: none"> <li>◆ Milk</li> <li>◆ Yogurt and frozen yogurt</li> <li>◆ Cheese</li> <li>◆ Lactose-free milk products</li> <li>◆ Fortified soy beverages</li> </ul>
<p><b>PROTEIN FOODS</b> 5½ oz. (2 servings)</p>	<ul style="list-style-type: none"> <li>◆ Lean meat and poultry</li> <li>◆ Seafood</li> <li>◆ Eggs</li> <li>◆ Unsalted nuts and seeds</li> <li>◆ Processed soy products</li> </ul>

Calorie needs depend on how old you are, whether you're a man or a woman, and how much physical activity you get. Check out how many calories you and your family need on the chart on page 78 (Appendix 6) in the 2010 Dietary Guidelines for Americans at [www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf](http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf).

# WHAT IS A SERVING SIZE?

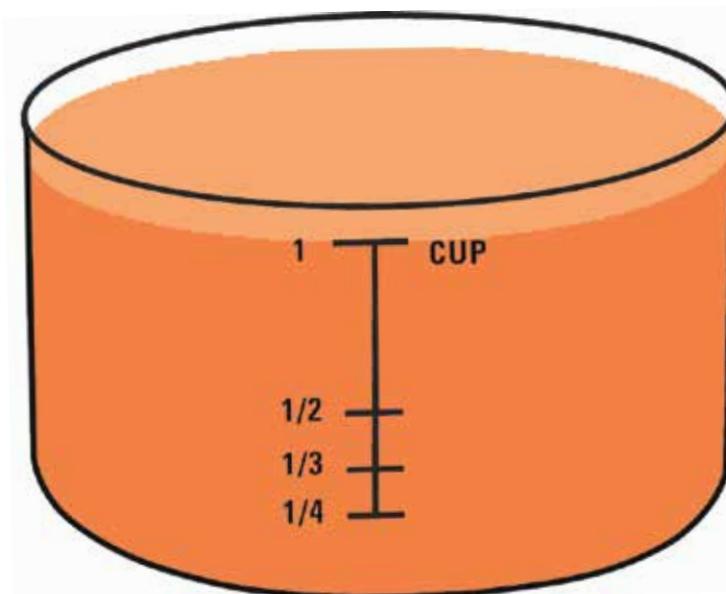
**Keeping an eye on how much you are eating is important for good health.**

A “serving” is a unit of measure used to describe the amount of food recommended from each food group. You can check the number of servings on the Nutrition Facts label found on packaged foods. A recommended serving for whole grains, for example, would be one slice of bread or one-half cup of pasta.

The term “portion size” is also a common term, but it has a different meaning. Portion size refers to the amount of a specific food you choose to eat for a meal or snack.

## *What does a cup look like?*

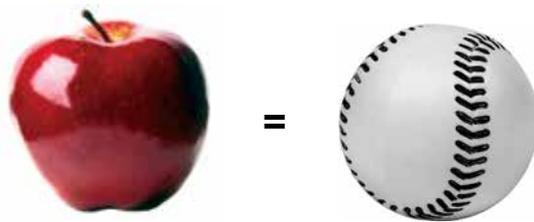
The chart on the previous page lists how much of each food teens and families need each day. For example, you should aim to eat 2½ cups of vegetables per day. Use this illustration to see how much a cup of food may look like:



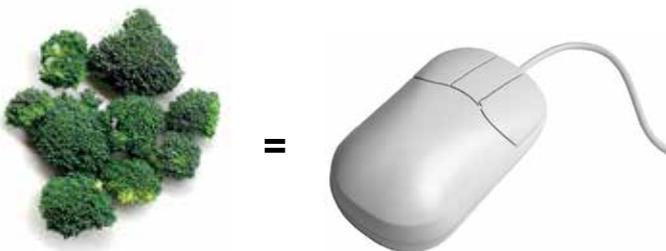
**Actual Size**

# Learn to spot standard serving sizes!

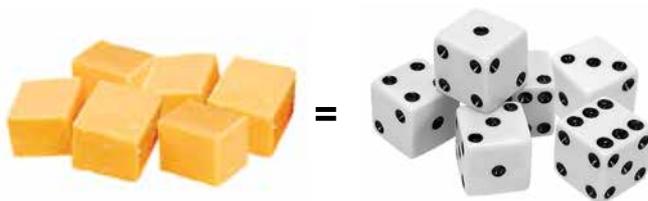
**Fruit:** 1 medium fruit is about the size of a baseball



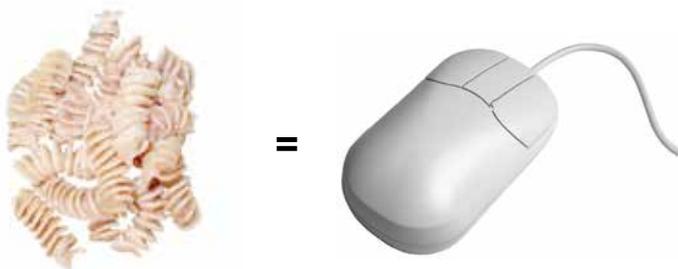
**Vegetables:** ½ cup, about the size of a small computer mouse



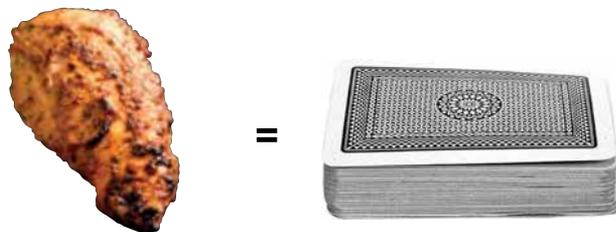
**Cheese (low-fat or fat-free):** 1½ ounces, about the size of six dice



**Pasta (cooked):** ½ cup, about the size of a small computer mouse



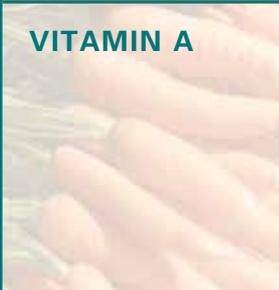
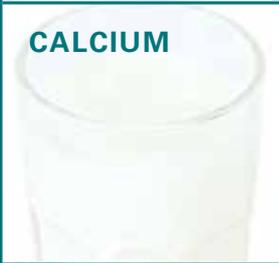
**Fish or lean meat:** 2–3 ounces, about the size of a deck of cards

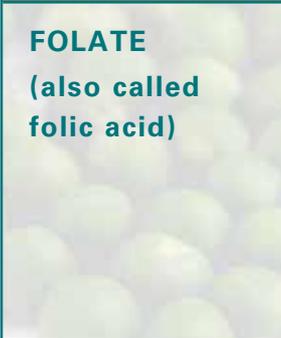
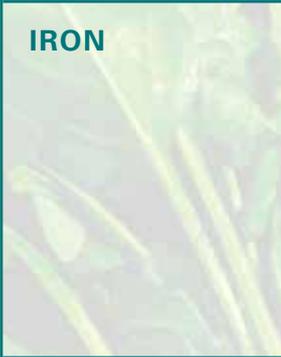


You can get more information at [www.choosemyplate.gov](http://www.choosemyplate.gov).

# TEEN NUTRITION

Adolescence is a time of major growth and development. That is why good nutrition is more important than ever. The following is a list of the major nutrients adolescents need to be healthy and strong.

NUTRIENT	BENEFITS	SOME FOOD SOURCES
 <p><b>VITAMIN A</b></p>	<ul style="list-style-type: none"> <li>◆ Good vision</li> <li>◆ Healthy skin and hair</li> <li>◆ Helps growth</li> </ul>	<ul style="list-style-type: none"> <li>◆ Fortified instant cereals (cereals that have Vitamin A added to them)</li> <li>◆ Liver, dairy, and fish</li> <li>◆ Dark-green, leafy vegetables like spinach, collards, and kale</li> <li>◆ Carrots, sweet potatoes, pumpkin, and winter squash</li> </ul>
 <p><b>VITAMIN C</b></p>	<ul style="list-style-type: none"> <li>◆ Healthy bones, skin, blood cells, gums, and teeth</li> </ul>	<ul style="list-style-type: none"> <li>◆ Strawberries, grapefruits, oranges, melons, mangoes, and tomatoes</li> <li>◆ Broccoli, red sweet peppers, cauliflower, and sweet potatoes</li> </ul>
 <p><b>VITAMIN D</b></p>	<ul style="list-style-type: none"> <li>◆ Increases strength and density of bones during the adolescent growth spurt</li> <li>◆ Reduces risk of bone fracture and prevents softening of bones (rickets)</li> <li>◆ Helps body absorb calcium from food</li> </ul>	<ul style="list-style-type: none"> <li>◆ Salmon, herring, mackerel, tuna, and egg yolks</li> <li>◆ Fortified foods, such as breakfast cereal, milk, some yogurts, orange juice, and soy beverages</li> </ul> <p><i>Sunlight on the skin enables the body to make Vitamin D. Ten to 15 minutes of sunshine 3 times a week is enough to produce the body's requirement for many people.</i></p>
 <p><b>VITAMIN E</b></p>	<ul style="list-style-type: none"> <li>◆ Protects the body's cells</li> </ul>	<ul style="list-style-type: none"> <li>◆ Nuts (almonds, hazelnuts, and peanuts)</li> <li>◆ Sunflower seeds and pine nuts</li> <li>◆ Vegetable oils</li> </ul>
 <p><b>CALCIUM</b></p>	<ul style="list-style-type: none"> <li>◆ Strong bones and teeth</li> </ul>	<ul style="list-style-type: none"> <li>◆ Low-fat or fat-free milk, yogurt, and cheese</li> <li>◆ Calcium-fortified cereals, juices, soy beverages, and tofu</li> <li>◆ Canned sardines and salmon (bones included)</li> </ul>
 <p><b>MAGNESIUM</b></p>	<ul style="list-style-type: none"> <li>◆ Helps contract and relax muscles</li> </ul>	<ul style="list-style-type: none"> <li>◆ Ready-to-eat 100% bran cereals</li> <li>◆ Spinach</li> <li>◆ Almonds, cashews, and pine nuts</li> <li>◆ Halibut and haddock</li> </ul>

NUTRIENT	BENEFITS	SOME FOOD SOURCES
<b>FOLATE</b> (also called <b>folic acid</b> ) 	<ul style="list-style-type: none"> <li>◆ Helps the body make red blood cells</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beans and peas</li> <li>◆ Peanuts</li> <li>◆ Oranges and orange juice</li> <li>◆ Dark-green, leafy vegetables, like spinach</li> <li>◆ Fortified cereals</li> <li>◆ Enriched grain products</li> </ul>
<b>FIBER</b> 	<ul style="list-style-type: none"> <li>◆ May help reduce risk for coronary heart disease</li> <li>◆ Helps create a feeling of fullness and promote regular bowel movements</li> </ul>	<ul style="list-style-type: none"> <li>◆ Beans and peas</li> <li>◆ Ready-to-eat 100% bran cereals</li> <li>◆ Sweet potatoes and baked potatoes with skin</li> <li>◆ Pears and apples with skin</li> </ul>
<b>IRON</b> 	<ul style="list-style-type: none"> <li>◆ Helps red blood cells carry oxygen to different parts of the body to help produce energy</li> <li>◆ Lack of iron in red blood cells (called anemia) can make teens feel weak</li> </ul>	<ul style="list-style-type: none"> <li>◆ Lean meat and poultry</li> <li>◆ Clams, oysters, shrimp, and canned sardines</li> <li>◆ Spinach</li> <li>◆ Beans (white, navy, and kidney), lentils, and roasted pumpkin and squash seeds</li> <li>◆ Iron-fortified cereals</li> </ul>
<b>POTASSIUM</b> 	<ul style="list-style-type: none"> <li>◆ Helps muscles work</li> <li>◆ Reduces risk of high blood pressure and stroke</li> </ul>	<ul style="list-style-type: none"> <li>◆ Baked white or sweet potatoes</li> <li>◆ Tomato products</li> <li>◆ Squash (pumpkin, butternut, and acorn)</li> <li>◆ Bananas and plantains</li> <li>◆ Dried peaches, prunes, and apricots</li> <li>◆ Oranges and orange juice</li> <li>◆ Cantaloupe and honeydew</li> <li>◆ Low-fat or fat-free yogurt</li> </ul>

# BE A GOOD ROLE MODEL FOR YOUR FAMILY.

Know your own risk for osteoporosis (a condition of decreased bone mass which results in fragile bones at risk for fracture). Women are more likely to get osteoporosis than men because they lose about 20% of their bone mass in the years after menopause. Osteoporosis affects an estimated 8 million American women and 2 million American men. Talk to your doctor about your bone health and tests to measure bone density.

Get enough calcium each day, and do the recommended amount of aerobic and strengthening activity each week. Often aerobic and strengthening activities are also bone-strengthening. Bone-strengthening activities are produced by impact with the ground or a force on the bone that promotes growth and strength. Bone-strengthening activities include aerobic activities like walking, running, and tennis, in addition to strengthening activities like weight-lifting.

## *Calcium and Bone Health*

Calcium is one of the most important nutrients for adolescents, especially girls. By age 18, both boys and girls have built most of their bone mass. Unfortunately less than one in 10 girls, and only one in four boys, get the calcium they need each day. If pre-teens and teens get enough calcium while they are young, they can strengthen their bones and reduce the risk of osteoporosis later.

Calcium can't do its job without vitamin D. Vitamin D helps the body absorb calcium from food. Vitamin D is usually added to foods like milk and cereal, but can also be found in some fish like salmon and tuna. Sunlight also helps the body make vitamin D.<sup>1</sup>

Visit [www.bestbonesforever.gov](http://www.bestbonesforever.gov)  
for more information.

## *Lactose Intolerance*

For some people, drinking milk or eating dairy products leads to abdominal discomfort. This condition, known as lactose intolerance, happens when a person has trouble digesting lactose, the sugar found in milk and dairy foods. Lactose intolerance is not common among infants and young children but can occur in older children, teens, and adults. It is also more common among people of African American, Hispanic, Asian, American Indian, and Alaska Native descent.

Tolerance to milk varies by individual; if a person cannot tolerate drinking a glass of milk, **other options may include:**

- ◆ Drinking milk in small amounts and combining it with other foods such as cereal.
- ◆ Eating other dairy products such as low-fat hard cheeses and fat-free and low-fat yogurt, which cause fewer symptoms.



*A tip for making sure your child gets 1,300 mg of calcium every day!*

- ◆ Using lactose-free milk products.
- ◆ Using pills and drops that make it easier to digest milk and other dairy products.
- ◆ Trying other types of calcium-fortified drinks like soy or almond beverages (frequently labeled Soy Milk or Almond Milk).

Some people are allergic to milk and dairy products and should not eat them. In such cases, they can eat non-dairy foods that are rich in calcium such as sardines, collards, and calcium-fortified foods such as orange juice, soy drinks, and some cereals. Taking calcium supplements is also an option, although getting calcium from foods is recommended.

### *How much do YOU need?*

WHO?	AGE	DAILY CALCIUM (DV)	DAILY CALCIUM (MG)
Pre-teens & Teens	9–18	130% DV	1,300 mg
Adults	19–50	100% DV	1,000 mg
Older Adults	51+	120% DV	1,200 mg

#### *Every Day Kids Ages 9–18 Need:*

- ◆ 1,300 mg calcium
- ◆ 600 IU vitamin D
- ◆ 60 minutes of physical activity

- ◆ Add a zero to the % Daily Value (DV) of calcium on any “Nutrition Facts” label to estimate the number of milligrams (mg) of calcium.
- ◆ Remember, each cup of skim milk (nonfat) has almost 300 mg of calcium (30% DV).
- ◆ A cup of calcium-fortified orange juice has 500 mg of calcium (50% DV).

<b>Nutrition Facts</b>	
Serving size: 1 container (6 oz) yogurt	
Serving per container: 1	
Amount Per Serving	
<b>Calories: 130</b>	Calories from Fat: 15g
% Daily Value*	
<b>Total Fat: 2g</b>	2%
Saturated Fat: 1g	5%
Trans Fat: 0g	
<b>Cholesterol: 5mg</b>	3%
<b>Sodium: 105mg</b>	4%
<b>Potassium: 350mg</b>	7%
<b>Total Carbohydrate: 22g</b>	11%
Dietary Fiber: 0g	0%
Sugars: 21g	
<b>Protein: 7g</b>	
Vitamin A	2%
Vitamin D	
<b>Calcium</b>	<b>25%</b>
Iron	

# VEGETARIANISM AND TEENS<sup>2</sup>

**It is not uncommon for teens to become interested in vegetarianism.** In fact, about one-third of U.S. teenagers think that being a vegetarian is “in.”

Research shows that vegetarians may have a lower risk of obesity, coronary heart disease, high blood pressure, diabetes, and some forms of cancer. However, vegetarian diets are not automatically healthy.

**Vegetarians need to pay special attention to their daily intake of the important nutrients they need to grow and develop. These include:**

- ◆ **Protein:** While animal products are good sources of protein, there are many other ways to get enough protein. Examples include whole grains, legumes, vegetables, seeds, nuts, and soy products, such as tofu and tempeh.
- ◆ **Iron:** Vegetarians may have a greater risk of iron deficiency. Dried beans, spinach, enriched products, and dried fruits are all plant sources of iron.
- ◆ **Vitamin B<sub>12</sub>:** This vitamin is found naturally only in animal sources, but it can also be found in some fortified foods such as breakfast cereals and soy beverages as well as in vitamin supplements.
- ◆ **Vitamin D:** Vegetarians who don't get much sunlight may need a supplement or vitamin D fortified foods.
- ◆ **Calcium:** Vegetable greens such as spinach, kale, broccoli, and some legumes and soybean products, are good plant sources of calcium.
- ◆ **Zinc:** Zinc is needed for growth and development. Good plant sources include grains, nuts, and legumes. Shellfish are another good source of zinc.

**If your child is considering becoming a vegetarian,** make sure he or she understands basic nutritional information and knows what nutrients she will need to consume every day. It is also a good idea to encourage your child to learn how to cook.

Parents and teens can learn more about vegetarian eating patterns at: [www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html](http://www.choosemyplate.gov/healthy-eating-tips/tips-for-vegetarian.html). Also, go to [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov) and check Appendices 8 and 9 for portions needed from all food groups for different types of vegetarians.



## *Styles of Vegetarianism*

**There are many different styles of vegetarianism, including:**

- ◆ **Vegans:** people who do not eat any animal products at all, including eggs and dairy products. It's best to consult a nutritionist before allowing your child to become a vegan.
- ◆ **Lacto-vegetarians:** people who eat only plant foods, cheese, and other dairy products.
- ◆ **Lacto-ovovegetarian:** people who eat milk, cheese, yogurt, and eggs.
- ◆ **Semi-vegetarians:** people who don't eat red meat but do eat chicken and fish with plant foods, dairy products, and eggs.

*Harvard Medical School researchers found that adults who eat breakfast are nearly 50% less likely to be obese and diabetic, compared to people who don't eat breakfast.<sup>4</sup>*

## **BREAKFAST BOOST**

Breakfast jump-starts the brain and keeps children (as well as adults) alert throughout the morning. After 8 to 12 hours without food at night, the body needs to be refueled. Children, who have a smaller physical system than adults, are especially sensitive to long periods without eating. Yet, many kids don't eat any breakfast at all.<sup>3</sup>



# BRAIN FOOD

## *Why should adolescents eat breakfast?*

**Kids do better in school and are more alert when they eat breakfast.**

- ◆ Kids are more creative and perform better, with increased attention span and memory.
- ◆ Students have more energy by late morning, with less fatigue, irritability, and restlessness.
- ◆ Students take fewer trips to the school nurse's office complaining of headaches and stomachaches due to hunger.
- ◆ Kids who eat breakfast miss fewer days and are late less often.

**Kids who eat breakfast get the nutrients they need to grow and develop.**

- ◆ Adolescents who eat breakfast are more likely to be at a healthy weight.
- ◆ They are more likely to get adequate amounts of minerals, such as calcium and some vitamins, such as A, C, B<sub>12</sub>, and folate.

For information on the School Breakfast Program, visit:  
[www.fns.usda.gov/cnd/breakfast/AboutBFast/SBPFactSheet.pdf](http://www.fns.usda.gov/cnd/breakfast/AboutBFast/SBPFactSheet.pdf)





# WHAT TO EAT

## From fruit smoothies to cold veggie pizza, less traditional breakfasts include:

- ◆ Smoothie made in blender from banana, cup of orange or pineapple juice, ½ cup fat-free milk, and 3 ice cubes
- ◆ Yogurt smoothie made in blender from 8 oz. container of low-fat vanilla or fruit yogurt, a banana or cup of berries, fresh or frozen
- ◆ Low-fat cheese and salsa rolled up in a soft flour tortilla
- ◆ Baked apples with low-fat or fat-free yogurt or cottage cheese, and cinnamon
- ◆ Pita bread with low-fat cheese, cooked lean meat and vegetables heated in the microwave
- ◆ Melted low-fat or fat-free cheese on a slice of whole-grain toast
- ◆ Peanut butter and jelly on a slice of whole wheat bread

*Look for more breakfast ideas in the toolkit recipe book.*

## Breakfast foods high in fat, sugar, and/or sodium (salt), include:

- ◆ Bacon, ham, and sausage
- ◆ Croissants, biscuits, donuts, cinnamon buns
- ◆ Hash browns
- ◆ Most fast-food breakfast sandwiches

Most families are pretty rushed in the morning. Parents may not feel that they have time to provide a nutritious breakfast, and children may have to eat on the run. But breakfast does not have to be French toast, home-made blueberry pancakes, or scrambled eggs. For kids on the go, keep a few things handy for them to grab as they rush out the door: fresh fruit, low-fat or fat-free yogurt, hard-cooked eggs, or breakfast bars.

## Here are some other ideas for easy, nutritious breakfasts:

- ◆ Low-sugar, whole-grain cereal with fruit and low-fat or fat-free milk
- ◆ Whole-grain cereal with a cup of low-fat or fat-free yogurt
- ◆ Frozen waffles topped with peanut butter
- ◆ Instant oatmeal with low-fat or fat-free milk and dried fruit
- ◆ A whole-wheat pita stuffed with sliced, hard-cooked eggs
- ◆ Breakfast burrito made out of scrambled eggs and veggies in a warm tortilla

# LUNCH LIFT

Be an advocate for healthy choices in your schools!

*Let's Move Salad Bars to Schools* is a comprehensive public health effort to mobilize and engage stakeholders at the local, state, and national level to significantly increase the number of salad bars in schools across the country until every child has the choice of healthy fruits and vegetables every day at school. If your school would like more information about Let's Move Salad Bars to Schools, visit [www.saladbars2schools.org](http://www.saladbars2schools.org).

Eating lunch at school poses nutritional challenges for students of all ages. Lunch lines are often long, and some students have as little as 20 minutes to eat before their next class. So many adolescents grab chips and a soda from the vending machine instead of enjoying a healthy meal.

**A growing teenager needs a lunch that provides one-third of the day's nutritional needs.** Parents can either teach children to make healthy choices (school cafeterias are now required to offer fruits and vegetables and more whole grains every day) or pack their kids a lunch that provides them with protein, whole grains, fruits and vegetables, and low-fat or fat-free milk.



## *Munch-A-Lunch kit*

Kids often ask for prepackaged lunch kits. A typical kit may include three soft flour tacos, seasoned ground beef, a cheese product, taco sauce, a chocolate bar and a fruit drink. The kits save busy parents the chore of packing a lunch for their child.

However, parents pay a high price for these kits. Not only are they expensive—about \$2 to \$4 per kit—but they are loaded with fat and sugar. Many contain up to 500 calories each, and most of these are empty calories, lacking vitamins and other nutrients that provide the energy kids need to get through the afternoon at school.

In addition, the prepackaged lunches are often high in salt. For some people, too much sodium can be a factor in high blood pressure. Also, drinks included in the kit are either sugary sodas or fruit drinks that are only 10% fruit juice. A healthier alternative is for your child to bring low-fat or fat-free milk, a bottle of water, or low-calorie flavored water.

## *Some healthy options for bag lunches include:*

- ◆ Lean sandwich meats, such as roast turkey, chicken breast, lean ham, or roast beef
- ◆ Whole-wheat bread or whole-wheat crackers
- ◆ Individually packaged dairy products, such as low-fat yogurt or string cheese
- ◆ Cut-up vegetables and pieces of fruit
- ◆ Granola or cereal bars, graham crackers, or fig bars

## *Easy suggestions for a nutritional makeover of your child's brown bag lunch:*

- 1** Encourage your child to choose 1% or fat-free milk.
- 2** Use cheese on sandwiches that is low-fat or fat-free.
- 3** Switch from bologna, ham, salami, pastrami and other high-fat luncheon meats to low-fat alternatives like turkey.
- 4** Include at least one serving of fruit in every lunch.
- 5** Sneak vegetables, like lettuce or slices of cucumber, tomato, and green pepper onto sandwiches.
- 6** Use whole-grain bread instead of white bread for sandwiches.
- 7** Limit cookies, snack cakes, donuts, brownies, and other baked goods.
- 8** Pack water or a low-calorie flavored water, rather than fruit drinks that contain only 10% juice.



*...the primarily high-fat snacks and calorie-dense beverages offered and sold to students via the a la carte programs are displacing fruits and vegetables in the diets of young teens and contributing to total saturated fat intakes that exceed recommended levels.<sup>5</sup>*

— Dr. Martha Y. Kubik, University of Minnesota School of Public Health

# FAT FACTS

**Fat is an important nutrient, just like protein and carbohydrates. It helps the body function in many ways, including:**

- ◆ Contributing to children’s growth and development
- ◆ Serving as an important energy source
- ◆ Maintaining healthy skin and hair

**However, some fats are better than others. Fat intake should emphasize monounsaturated and polyunsaturated fats, such as those found in some fish, avocados, nuts, olives, seeds, and oils.**

**Unsaturated fats** found in many vegetable oils do not raise blood cholesterol. They can be part of a healthy diet—as long as you don’t eat too much since they are still high in calories. Unsaturated fats are found in olive, canola,

safflower, sunflower, corn, and soybean oils as well as in fish and nuts.

**Saturated fats** cause “bad” cholesterol levels in your blood and increase your risk for heart disease. They are a major risk for heart disease, so it is best to limit foods with too much saturated fat. These fats are found in animal products such as butter, cheese, whole milk, and fatty meats and also in coconut, palm, and palm kernel oils. Saturated fats can also be found in cakes, cookies, quick breads, donuts, and chips.

**Trans fats** also raise “bad” cholesterol levels in your blood and increase the risk of heart disease. The best approach is to eat foods with as little *trans* fat as possible. *Trans* fat is often found in baked goods, snack foods, vegetable shortening, hard margarine, fried foods, and many processed foods.

## What are solid fats?

Most fats with a high percentage of saturated and/or *trans* fatty acids are solid at room temperature and are referred to as “solid fats.” Switch from solid fats to oils when preparing food.

SOLID FATS	OILS
<ul style="list-style-type: none"><li>◆ Beef, pork, and chicken fat</li><li>◆ Butter, cream, and milk fat</li><li>◆ Coconut, palm, and palm kernel oils</li><li>◆ Hydrogenated oil</li><li>◆ Partially hydrogenated oil</li><li>◆ Shortening</li><li>◆ Stick margarine</li></ul>	<ul style="list-style-type: none"><li>◆ Canola oil</li><li>◆ Corn oil</li><li>◆ Cottonseed oil</li><li>◆ Olive oil</li><li>◆ Peanut oil</li><li>◆ Safflower oil</li><li>◆ Sunflower oil</li><li>◆ Tub (soft) margarine</li><li>◆ Vegetable oil</li></ul>

# *Cut back on foods high in solid fats, added sugars, and salt*

## **REDUCE FAT**

- ◆ Check the Nutritional Facts panel for amounts of saturated fat and dietary cholesterol. Remember, 5% of the daily value (%DV) or less is low and 20% or more is high.
- ◆ Use oils instead of solid fats when possible, such as olive, canola, soybean, corn, and sunflower oils, rather than solid fats such as butter, stick margarine, shortening, and lard.
- ◆ Choose soft margarine (liquid, tub, or spray) with zero *trans* fat made from liquid vegetable oil.
- ◆ Choose cooking methods that reduce fat intake—for example, baking and broiling, rather than frying.

## **REDUCE SUGARS**

- ◆ Look for ingredients on food labels, such as high-fructose corn syrup, white sugar, brown sugar, corn syrup, raw sugar, maple syrup, fructose sweetener, honey molasses, and crystal dextrose. These “added sugars” often supply calories, but few or no essential nutrients and no dietary fiber.
- ◆ Avoid soda, energy drinks, sports drinks, grain-based desserts (cookies, cakes), sugar-sweetened fruit drinks, dairy-based desserts (ice cream, frozen yogurt), and candy.
- ◆ Drink water instead of sugary drinks. There are about 10 packets of sugar in a 12-ounce can of soda.

## **REDUCE SALT (SODIUM)**

- ◆ Compare sodium in foods like soup, bread, and frozen meals, and choose those with lower sodium.
- ◆ Add spices or herbs to season food without adding salt.



# SUPER SIZE FOODS

Portion sizes of foods and beverages that you often buy in restaurants and grocery stores have gotten a lot bigger over the last 20 years. So much bigger, in fact, that you and your family may be taking in multiple servings and far more calories than you realize.

- ◆ The size of an average soft drink increased from 6.5 ounces and 82 calories to 20 ounces containing 250 calories.
- ◆ A bagel was once 3" in diameter at 140 calories but today is typically 6" with 350 calories.
- ◆ The average blueberry muffin of 1.5 ounces with 210 calories has been replaced by a 4-ounce muffin with 500 calories.
- ◆ Two slices of pepperoni pizza used to contain 500 calories, but today the bigger slices result in 850 calories.

For more examples, check out the National Heart, Lung, and Blood Institute's Portion Distortion Quiz at <http://hp2010.nhlbihin.net/portion/>.

## Eating out

- ◆ Check the menu first. You can often do this on the restaurant's website before you go out, and even find nutritional information for menu items. Are there choices that are low in sugar, fat, and sodium (salt)?
- ◆ Ask a server to explain a dish if you are not sure what it contains.
- ◆ Don't be embarrassed to ask for changes or substitutions to make a dish healthier.
- ◆ Watch out for hidden fats, such as full-fat salad dressings and sauces.
- ◆ Take home half of what you are served—most restaurant meals are actually more than one serving.
- ◆ Avoid buffets—you may be tempted to eat too much.
- ◆ Eat out less often.

# FAST FOOD, FAST FAT

On average, teenagers eat at fast-food restaurants twice each week.<sup>6</sup> As a result, they are probably taking in a lot of extra calories and fat. Just one super size fast-food meal of a sandwich, fries, and soda can have more calories, fat, and added sugar than people need in an entire day.

The best approach is to limit the amount of fast food your family eats. And when you do eat at fast-food restaurants, choose the healthier options.

The following page includes examples from some of the more popular fast-food restaurants.

## FAST FOOD GUIDE

- ◆ Order garden or grilled chicken salads with low-fat or fat-free dressings. Ask for the dressing or sauce on the side. Often the dressing or sauce can be very high in fat and calories.
- ◆ Choose grilled over fried foods.
- ◆ Remove breading from fried chicken, which can cut half the fat.
- ◆ Choose chicken over beef. Grilled chicken is the best option.
  - ◆ Buy the smallest sandwich available.
  - ◆ Substitute mustard or ketchup for mayonnaise.
  - ◆ Order water, 100% orange or apple juice, or low-fat or fat-free milk instead of soda.
- ◆ Skip the "value" and "super size" meals.



# FAST FOOD ALTERNATIVES

Limiting fast food is the best approach. When you choose fast food, know that popular fast-food restaurants offer healthier options with fewer calories and fat. However, keeping sodium low can be a challenge. Use the full nutrition information available on restaurant websites or at the restaurant to make the best choice.

<b>MCDONALD'S®</b>	
Premium Grilled Chicken Classic Sandwich (without mayo)	300 calories, 3.5 grams of fat
Premium Caesar Salad with Grilled Chicken (with low fat balsamic vinaigrette dressing)	230 calories, 8 grams of fat
Fruit 'N Yogurt Parfait	150 calories, 2 grams of fat

<b>BURGER KING®</b>	
WHOPPER JR.® Sandwich (without mayo)	260 calories, 10 grams of fat
TENDERGRILL™ Chicken Garden Salad (with fat-free ranch dressing)	290 calories, 7 grams of fat
TENDERGRILL® Chicken Sandwich (without mayo)	360 calories, 7 grams of fat

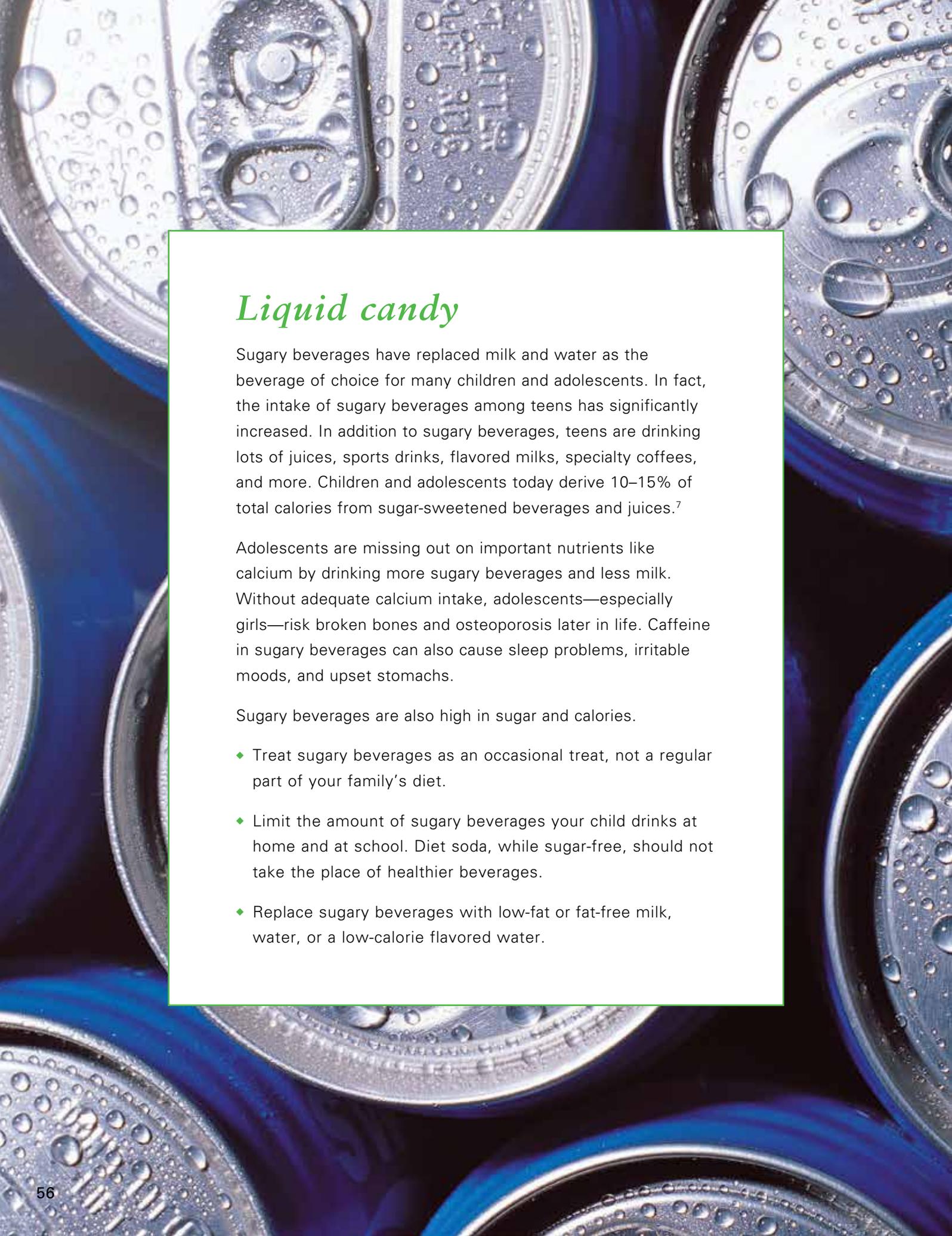
<b>WENDY'S®</b>	
Grilled Chicken Go Wrap	260 calories, 10 grams of fat
Plain baked potato	270 calories, 0 grams of fat
Small chili	210 calories, 6 grams of fat

<b>KFC®</b>	
Grilled chicken breast	220 calories, 7 grams of fat
Corn on the Cob	140 calories, 1 gram of fat
BBQ Baked Beans	210 calories, 1.5 grams of fat

<b>TACO BELL®</b>	
Fresco Chicken Soft Taco	150 calories, 3.5 grams of fat
Fresco Grilled Steak Soft Taco	150 calories, 4 grams of fat
Pintos 'n Cheese	170 calories, 6 grams of fat

<b>PIZZA HUT™</b>	
12" Fit 'N Delicious® Pizza - Green Pepper, Red Onion and Diced Red Tomato (1 piece)	150 calories, 4 grams of fat
12" Fit 'N Delicious® Pizza - Ham, Red Onion and Mushroom (1 piece)	160 calories, 4.5 grams of fat
12" Fit 'N Delicious® Pizza - Chicken, Mushroom and Jalapeño (1 piece)	170 calories, 4.5 grams of fat

This information was accessed through restaurant websites in September 2012.



## *Liquid candy*

Sugary beverages have replaced milk and water as the beverage of choice for many children and adolescents. In fact, the intake of sugary beverages among teens has significantly increased. In addition to sugary beverages, teens are drinking lots of juices, sports drinks, flavored milks, specialty coffees, and more. Children and adolescents today derive 10–15% of total calories from sugar-sweetened beverages and juices.<sup>7</sup>

Adolescents are missing out on important nutrients like calcium by drinking more sugary beverages and less milk. Without adequate calcium intake, adolescents—especially girls—risk broken bones and osteoporosis later in life. Caffeine in sugary beverages can also cause sleep problems, irritable moods, and upset stomachs.

Sugary beverages are also high in sugar and calories.

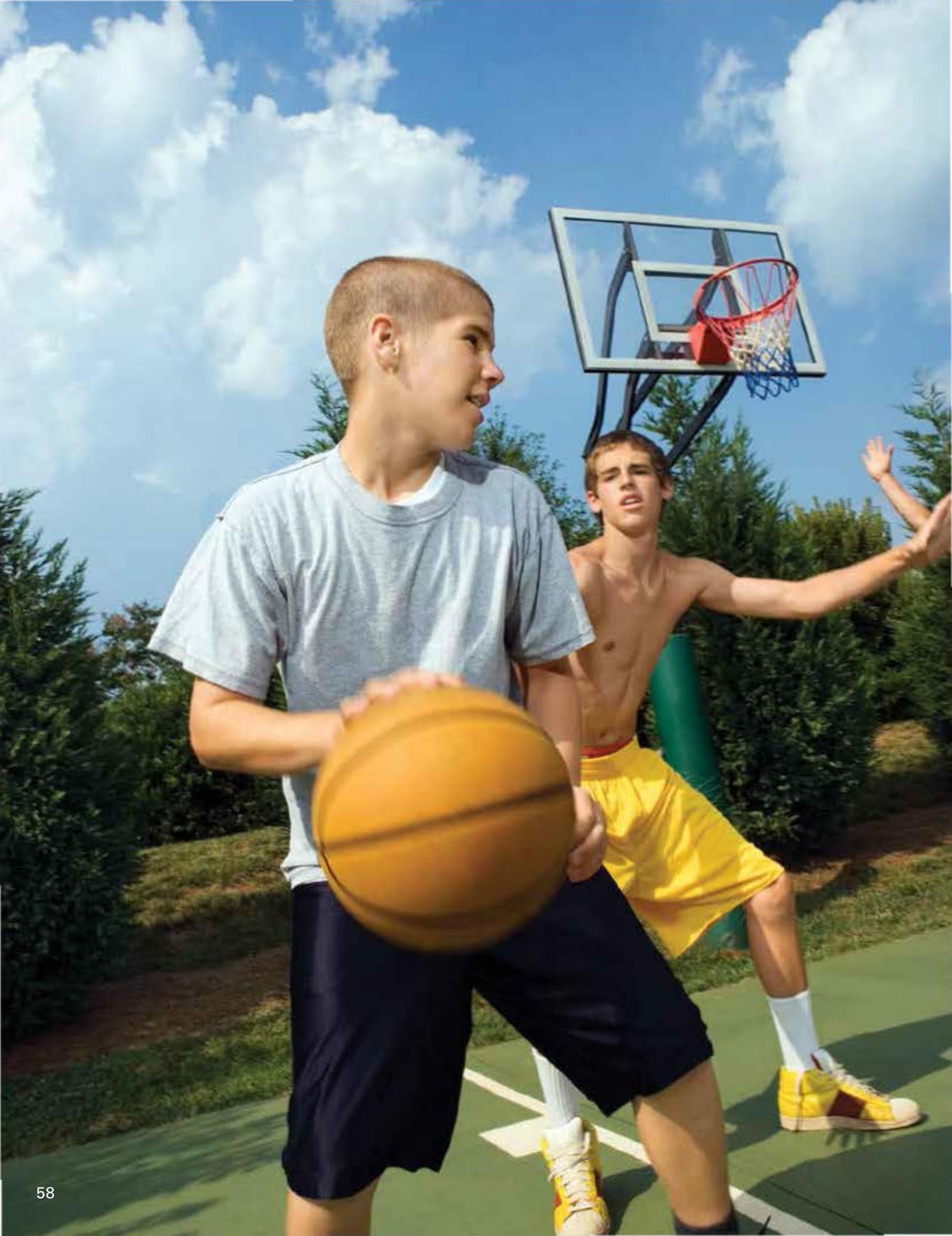
- ◆ Treat sugary beverages as an occasional treat, not a regular part of your family's diet.
- ◆ Limit the amount of sugary beverages your child drinks at home and at school. Diet soda, while sugar-free, should not take the place of healthier beverages.
- ◆ Replace sugary beverages with low-fat or fat-free milk, water, or a low-calorie flavored water.

# SMALL CHANGE

There are times when we all crave a snack, and a vending machine may be the most convenient option. Steer your child to healthier alternatives.

INSTEAD OF	CHOOSE
Potato chips	Baked potato or baked tortilla chips
Corn and cheese snacks	Low-fat popcorn
Chocolate bars	Low-fat granola or cereal bars
Soda or fruity drinks	Water or 100% fruit juice
Cookies	Fig bar cookies







## *Recognize the benefits of physical activity*

Learn why physical activity is so important for your family, how you can integrate it in your everyday routine, and what to do to decrease TV and screen time in your home.

*With nearly one-third of kids in the U.S. qualifying as obese or overweight, having a goal to be physically active every day is very important for kids, and it can be achieved through activities as simple as doing jumping jacks. No one needs fancy equipment, specific clothing or a gym membership to get out and exercise. Being active puts kids on a pathway to a great future.<sup>2</sup>*

— Dominique Dawes, Co-Chair,  
President's Council on Fitness,  
Sports & Nutrition

# PHYSICAL ACTIVITY

Physical activity helps teens to look better, feel better, and have more energy. Yet many adolescents are physically inactive. A recent national survey of high school students found the following:<sup>1</sup>

- ◆ **More than one-third (35%) of teens are **not vigorously active**** (meaning, activities that would cause you to sweat or breathe heavily) three or more days of the week.
- ◆ **Most adolescents (74%) do **not participate in even moderate physical activity**** most days of the week, such as walking or bicycling for 30 minutes.
- ◆ **Teens are less physically active as they get older.** High school seniors are the least likely to take part in vigorous physical activities when compared to students in grades 9–11.
- ◆ **Overall, boys are more likely (73%) than girls (57%) to participate in vigorous physical activities.**
- ◆ **White adolescents (67%) are more likely to be physically active** than teens who are Hispanic (61%) or African American (60%).



## *Why aren't teens active?*

Kids are most often physically active through free play, but nowadays they have less opportunity. In some cases, our children have no safe means of getting to and from youth sport and other recreational programs or they don't have a safe place to play in their neighborhoods. In many cases, kids are not physically active because they are sitting in front of televisions and computers during their free time. In fact, studies find that children and teens spend several hours every day watching TV, playing video games, and using the Internet and other forms of media.<sup>3</sup>

Even when kids are involved in physical education classes (P.E.) in school or other organized sport activities, they may not be getting enough vigorous exercise. In softball or volleyball, for example, players don't have to be moving around very much.

## *Not the P.E. Class you remember*

The school P.E. class is an important way for teens to be physically active. Unfortunately, P.E. is no longer part of the schedule at many middle and high schools around the country.

Experts recommend that teens participate in P.E. class every day, yet only 29% of students in grades 9–12 actually do so. And even when P.E. classes are available, most students do not spend enough time being active.



Young people today spend an average of nearly 6½ hours a day using some type of media, with television as the most dominant among youth. Kids ages 8 to 18 spend an average of three hours a day watching TV—and up to four hours when videos, DVDs, and prerecorded shows are included.<sup>4</sup>

More than 50% of all 8- to 18-year-olds say their families have no rules about watching TV. However, kids in homes with TV rules report almost two hours less daily media exposure than kids from homes without rules.<sup>5</sup>

Children now see an average of more than 40,000 TV ads a year. The majority of ads targeted to children are for food: primarily candy (32% of all children's ads), cereal (32%), and fast food (9%). The average child, according to one study, sees 11 food commercials per hour during Saturday morning television programming.

Several studies found a relationship between TV use and obesity rates. In fact, one study noted that both boys and girls who watched the most television had more body fat and greater BMIs than those who watched less than 2 hours a day.<sup>6</sup>



# GETTING KIDS MOVING

**A good way to get kids moving is to help them decrease TV time. Some suggestions for parents include:**

**1 Be firm about setting limits on TV time each day.**

The American Academy of Pediatrics suggests no more than an hour or two each day of good quality TV programming, video, and computer games combined.

**2 Set clear rules.** Many families, for example, don't allow TV on school nights and limit hours during weekends. Other parents restrict TV until homework is finished and do not permit watching TV during meals. Also set rules on texting and cell phone use.

**3 Remove the TV from your child's bedroom.** It is difficult to monitor your child's viewing when she has unlimited access to the TV.

**4 Record favorite shows to view later, or view them online.** You can cut TV viewing time by planning to watch specific shows, rather than just zoning out on whatever is on. You can also fast forward through the commercials.

**5 Set a good example.** Find other ways to spend your free time as a family, especially activities that involve a physical activity such as walking. Check out some family-friendly activity ideas at <http://fitness.gov/be-active/ways-to-be-active/>.

**6 Replace after-school TV watching with other activities.** There are many good after-school programs in most communities that involve physical activity, from individual and team sports to dance, Double Dutch, and martial arts. Check with local schools, churches, and community groups or with websites such as <http://findyouthinfo.gov/youth-topics/afterschool-programs>.



## *Students do best when they are physically fit*

The California Department of Education matched standardized reading and math scores with scores from state physical fitness tests of fifth-, seventh-, and ninth-grade students. The state officials found that higher math and reading scores were associated with higher fitness scores at each grade level.<sup>8</sup>

## *Why should teens be physically active?*

Because physical activity has many physical and emotional benefits:<sup>7</sup>

- ◆ Helps to build and maintain healthy bones, muscles, and joints.
- ◆ Helps to control weight, build lean muscle, and reduce fat.
- ◆ Reduces the risk for chronic diseases, such as diabetes and heart disease.
- ◆ Prevents or delays the development of high blood pressure and helps reduce blood pressure in some adolescents with hypertension.
- ◆ Decreases feelings of anxiety and depression.
- ◆ Promotes psychological well-being.





*The benefits for adults getting the right amount of physical activity are numerous, including reducing the risk of:*

- ◆ early death
- ◆ coronary heart disease
- ◆ stroke
- ◆ high blood pressure
- ◆ high cholesterol
- ◆ type 2 diabetes
- ◆ metabolic syndrome
- ◆ colon cancer
- ◆ breast cancer

**Other benefits include**

- ◆ prevention of weight gain
- ◆ weight loss, particularly when combined with reduced calorie intake
- ◆ improved cardio-respiratory and muscular fitness
- ◆ prevention of falls
- ◆ reduced depression
- ◆ better cognitive function (for older adults)

# GETTING STARTED

## *Begin at home*

**Families are one of the greatest influences on teens and can help determine whether they are physically active.** Research shows that young people are more likely to be active if their parents or siblings are active and if their parents support their participation in physical activities.<sup>9</sup>

**Here are some ways to help your child become more active:**

- ◆ Be a role model by incorporating physical activities into your own daily life.
- ◆ Be supportive by providing transportation to and from activities.
- ◆ Praise your child for her efforts.
- ◆ Join in activities with your child.
- ◆ Be physically active as a family. Plan leisure activities such as walking or bicycling. Even birthday parties and vacations can involve some physical activity.
- ◆ Encourage your child to get fit with friends by planning a physical activity together like bike riding each week.

## *What is the right amount of activity for your child?*

The 2008 Physical Activity Guidelines for Americans recommend that adolescents should be physically active for at least 60 minutes each day. They may be active in short bursts of time that can add up to meet the physical activity recommendations. Adolescents should participate in a variety of physical activities that they enjoy.<sup>10</sup>

**Aerobic activities** are those in which individuals rhythmically move their large muscles for a sustained period of time. Examples include running, jumping rope, swimming, dancing, and bicycling. Most of the 60 minutes each day for a child should focus on either moderate- or vigorous-intensity aerobic physical activity.

*Moderate-intensity* physical activity increases a person's heart rate and breathing, and includes brisk walking, dancing, swimming, or biking on flat terrain, as well as canoeing, skateboarding, rollerblading, and yard work such as pushing a lawn mower or sweeping.

*Vigorous-intensity* physical activity greatly increases a person's heart rate and breathing; examples include jogging, karate, swimming continuous laps, biking uphill, and playing sports like soccer, tennis, field hockey, and basketball. Vigorous-intensity physical activity should be done at least 3 days a week.

*Physical activity can be part of play, games, sports, or recreation—in short it should be part of every teen's daily life.*

**Muscle-strengthening activities** make muscles do more work than usual during activities of daily life. Muscle-strengthening activities can be unstructured and part of play, such as playing on playground equipment, climbing trees, and playing tug-of-war. Other more organized activities include lifting weights, doing sit-ups, or working with resistance bands.

**Bone-strengthening activities** produce a force on the bones (usually impact with the ground) that promotes bone growth and strength. Running, jumping rope, basketball, tennis, volleyball, and hopscotch are all examples of bone-strengthening activities. As these examples illustrate, bone-strengthening activities can also be aerobic and muscle strengthening.



# GET OVER THE HURDLES

Consider these practical strategies for overcoming common barriers to regular physical activity—for both you and your teen:

## 1. *No time to exercise*

- ◆ Get up earlier. Set your alarm for 30 minutes earlier twice a week to take a walk, run, bike, or work out to an exercise DVD or program on TV.
- ◆ Substitute a family weekend matinee for a bike ride, rock-climbing session, hike, or trip to the pool.
- ◆ Plan ahead to make activity a regular part of your weekly schedule, put it on your calendar, and keep your appointment.
- ◆ Take a physical education class at school as an elective (students); walk at lunchtime at work (adults).
- ◆ Squeeze in short 10- to 15-minute walks throughout the day if you don't have time for an hour workout.

## 2. *Exercise is boring*

- ◆ Choose activities you enjoy, whether it's walking, gardening, dancing—just get moving.
- ◆ Vary your routine. Rotate among several activities, like swimming, biking, running—to condition different muscle groups and to keep yourself interested.
- ◆ Exercise with friends, relatives, neighbors, or co-workers. A group event is encouraging, social, and motivating.
- ◆ Learn new skills. Enroll in classes, like martial arts or Zumba® at a local recreation center, or join a sports league—baseball, soccer, frisbee.

## 3. *Not good at sports*

- ◆ Consider hobbies, like gardening or rowing.
- ◆ Choose an activity that you enjoy—dancing, biking, or walking.
- ◆ Find a “buddy” and schedule a regular activity 2 to 3 times a week, with your friend, sibling, spouse, or other family member.
- ◆ Join a hiking club or the YMCA.

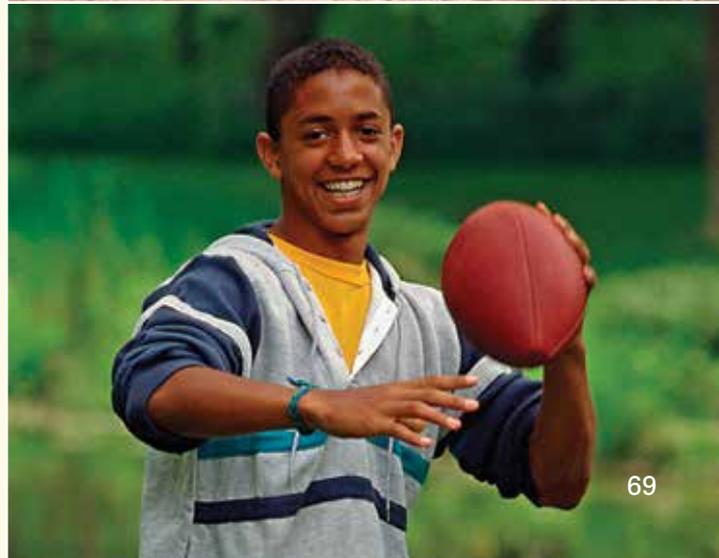
Take the President's challenge! Sign up for the Presidential Active Lifestyle Award (PALA+) at [www.fitness.gov](http://www.fitness.gov) and log your activities!

#### **4. *Neighborhood is not safe***

- ◆ Rent a workout DVD from your library or download exercise videos to use at home.
- ◆ Play your favorite music and dance in the living room.
- ◆ Find a recreation center, YMCA, or Boys & Girls Club near you.
- ◆ Sign up for school activities, sports, or after-school programs.

#### **5. *Out of shape and overweight***

- ◆ Talk to your doctor and get advice about an activity that fits your age, fitness level, and overall health status.
- ◆ Start slow by walking 10 to 15 minutes daily. Build up your time walking and add other activities, like biking or an aerobics dance DVD.
- ◆ Take short activity breaks during the day—walk at lunch, take the stairs, stroll after dinner.
- ◆ Decrease your daily sitting activities (TV, computer, video games) by 30 minutes.
- ◆ Walk to visit neighbors, and do more errands by foot, when possible.



# MIX IT UP

## *Walking*

**Getting in your exercise for the day can be as simple as walking.** Experts recommend that people walk 10,000 steps to get in enough physical activity for the day. Most people who do not exercise regularly walk between 4,000 and 6,000 steps per day. Taking 10,000 steps means you are walking about two extra miles.<sup>11</sup>

### **Get in extra walking time by:**

- ◆ Pacing while talking on the phone.
- ◆ Taking a walk after dinner.
- ◆ Parking farther from the entrance to a store.
- ◆ Getting off the bus one or two stops early and walking the rest of the way home.

## *Yoga*

**Yoga can help increase flexibility, relieve stress, and increase self-esteem.** It also helps teens to learn about themselves and their bodies. Yoga is especially good for girls and boys who don't like organized sports or shy away from competitive sports.

## *Muscle-Strengthening Training*

**Resistance training is a great way for teens to strengthen their muscles** and get in a moderate-intensity physical activity. Strength training involves using your muscles against some form of resistance, such as barbells, dumbbells, exercise machines, or even your own body weight. Milk jugs filled with water or sand will also do. Teens will get best results by training three times a week and doing a variety of activities to reduce the risk of injury caused by doing too much of one kind of activity (this is called an overuse injury).

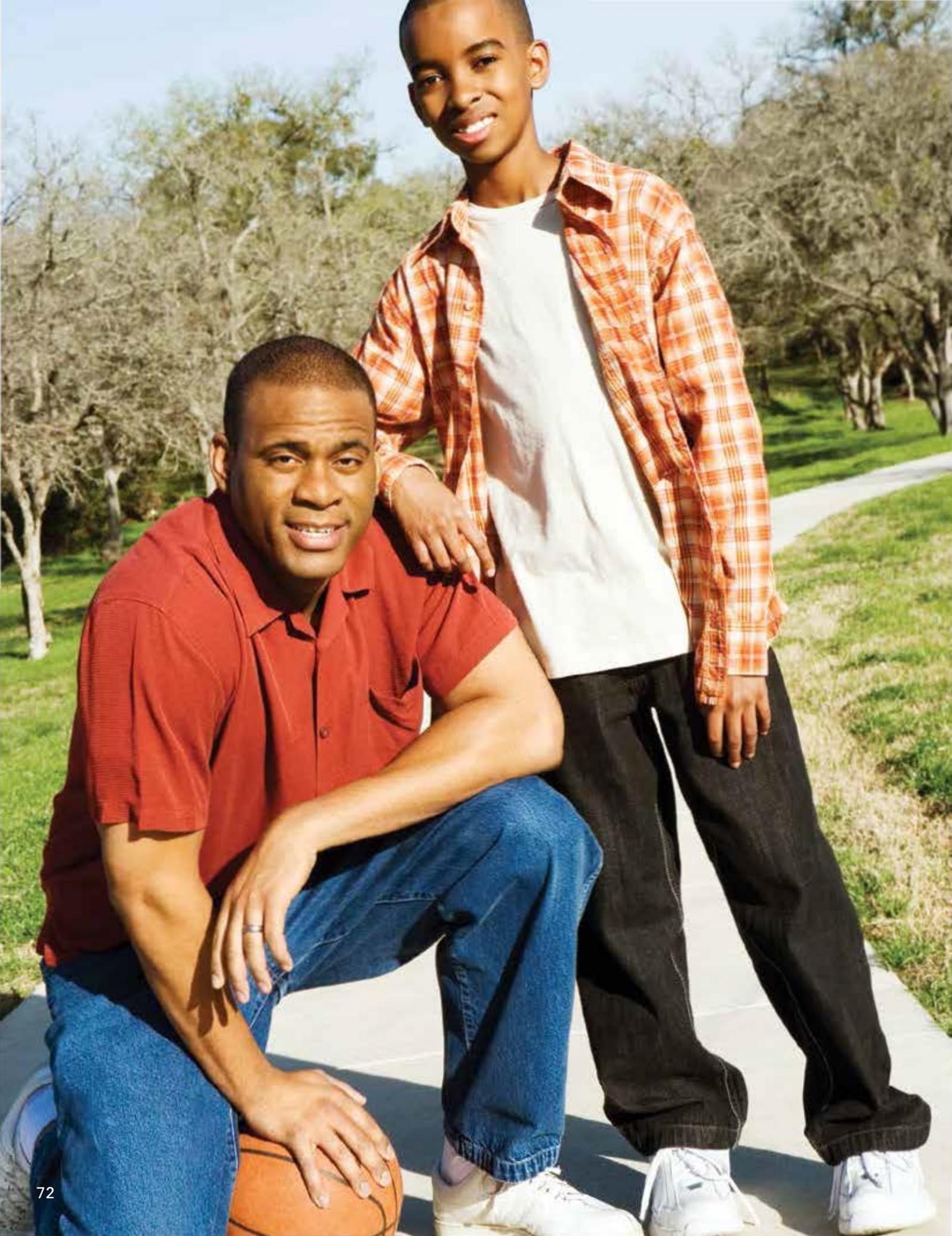
**Safety is important when strength training.** Before getting started, teens should talk to a school gym instructor, coach, or health club counselor to make sure the training program is safe and appropriate. A friend or spotter should be nearby at all times when "free weights," such as dumbbells or barbells, are used.



## *A word on safety*

- ◆ Begin slowly.
- ◆ Set both long- and short-term goals.
- ◆ Choose different types of activities so you won't get bored.
- ◆ Wear comfortable shoes and clothes.
- ◆ Stop exercising if you feel uncomfortable or in pain, and consult a health care provider.
- ◆ If you are injured, consider an alternative type of physical activity while you recover.
- ◆ Take time off or ease up if you are sick, until you start feeling better.

Keep track of your physical activity in your journal or online at [www.choosemyplate.gov/SuperTracker](http://www.choosemyplate.gov/SuperTracker).





## *Set goals and plan*

Each family member will record eating and activity habits in a journal that you will review before setting your goals for the next month.

# SETTING GOALS

Remember to make small changes gradually. Kids, in particular, take a long time to make changes. Think about what you can do in the next month to improve the eating and activity habits of your teen and other family members.

For example, eat fruit for dessert instead of cookies or cakes once or twice a week. Or increase the amount of milk kids drink daily, and switch from whole to low-fat or fat-free milk.

Remember to set realistic goals that your family is comfortable following. Examples of unrealistic goals include trying to replace meat dishes with fish or vegetarian meals every night, or trying to exercise 60 minutes every day when you normally are not physically active at all.



Use the “sample goals” below to give you some ideas. Select two or three goals the first month, and add one or two more the following month after reviewing journals again. Don’t try to achieve more than five goals in the first few months.

Goal #1: \_\_\_\_\_  
\_\_\_\_\_

When will you get started? \_\_\_\_\_ (month and day)

Goal #2: \_\_\_\_\_  
\_\_\_\_\_

When will you get started? \_\_\_\_\_ (month and day)

Goal #3: \_\_\_\_\_  
\_\_\_\_\_

When will you get started? \_\_\_\_\_ (month and day)

Goal #4: \_\_\_\_\_  
\_\_\_\_\_

When will you get started? \_\_\_\_\_ (month and day)

Goal #5: \_\_\_\_\_  
\_\_\_\_\_

When will you get started? \_\_\_\_\_ (month and day)

\* Make sure to write these in your copy of *Best Journal Ever! My Food and Fitness Diary*.

**Sample goals:**

- 1 Increase daily intake of fruits and vegetables from an average of \_\_\_\_\_ to \_\_\_\_\_.
- 2 Prepare bag school lunches that include healthy foods.
- 3 Cook a meal with fish twice a week.
- 4 Broil, grill, or bake foods instead of frying.
- 5 Limit drinking sodas to twice a week, treating them as a dessert and not as a meal beverage.
- 6 Develop a shopping list every week before going to the grocery store.
- 7 Plan at least one family activity every weekend, such as hiking, biking, walking, playing ball, etc.
- 8 Limit TV, computer, and video game time to one hour on school nights.

## *Your weekly planner*

Parents have busy schedules. Meal planning may seem like an overwhelming task. However, if you take just one hour every week to plan out your meals and shopping lists, you will save time and have the food you need to make healthy meals. Deciding what physical activities you want to do during the next week can also help you carve out the time for an important priority—fitness and health.

Your toolkit includes a “Weekly Planner” refrigerator magnet that you can use for meal planning each week. The wipe on/off board provides a place to write down the meals and physical activities you have selected for the week.

## *How to start:*

- 1 Choose a day and time every week to begin your planning.** Plan meals before you go on your weekly grocery shopping trip.
- 2 Review the recipe book in your kit** for meal and snack ideas.
- 3 Check your shopping list** to review foods already listed, and write down any ingredients you may need for the next week.
- 4 Write in the spaces your plans for food and activities for the week,** even if you are not sure you will actually complete all of them.
- 5 Review your planner at the end of each week.** Were some of the menus too difficult or time-consuming? Which meals did the family enjoy most? Do your children enjoy knowing what meals will be prepared ahead of time? What kinds of activities did each family member undertake? What are next week’s meal and activity challenges?
- 6 Erase the board and start again for the next week.**

# SAMPLE WEEKLY PLANNER ENTRY

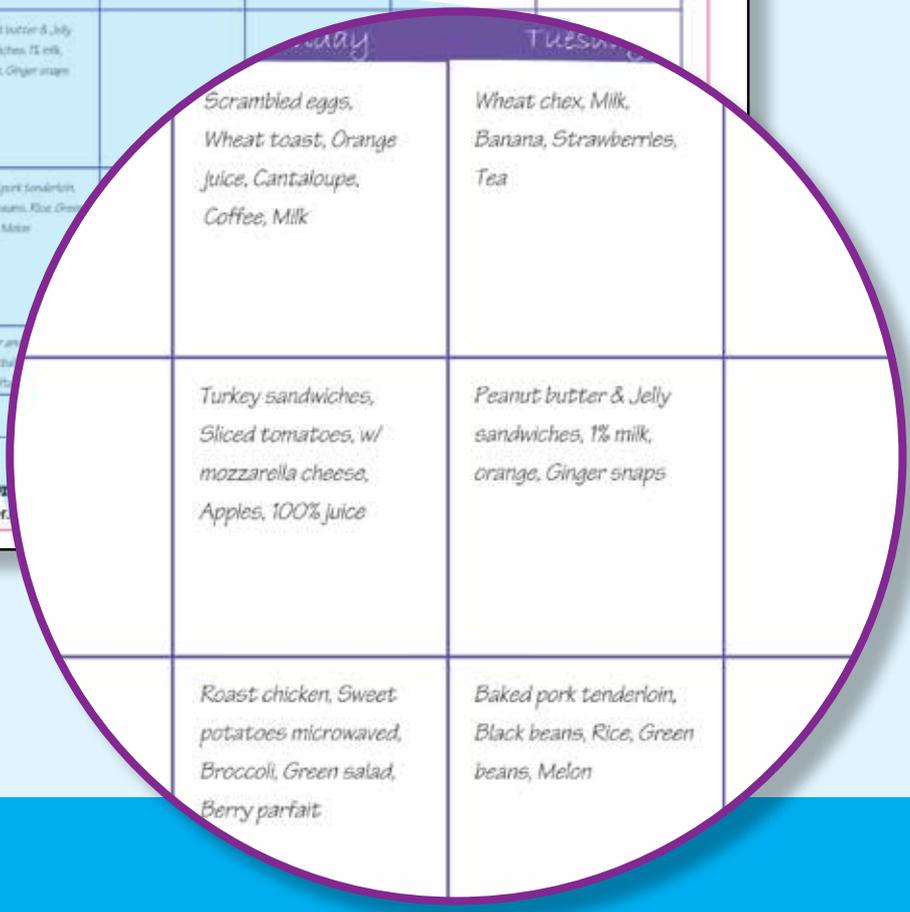
**Weekly Planner**

Use this weekly planner to help meet your nutrition and physical activity goals and build your **Best Bones Forever!**

	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
<b>Breakfast</b>	Scrambled eggs, Wheat toast, Orange juice, Cantaloupe, Coffee, Milk	Wheat chex, Milk, Banana, Strawberries, Tea				
<b>Lunch</b>	Turkey sandwiches, Sliced tomatoes, w/ mozzarella cheese, Apples, 100% juice	Peanut butter & Jelly sandwiches, 1% milk, orange, Ginger snaps				
<b>Dinner</b>	Roast chicken, Sweet potatoes microwaved, Broccoli, Green salad, Berry parfait	Baked pork tenderloin, Black beans, Rice, Green beans, Melon				
<b>Daily Activity</b>	Family walk to Park, Hiking or Swimming	Soccer or basketball Walk after				

**My goal this week:** \_\_\_\_\_

**Best Bones Forever!**  
www.bestbonesforever.com



A photograph of two young women with long dark hair, smiling and hugging each other in front of a window with white curtains. The woman on the left is wearing a white ribbed tank top and light blue shorts. The woman on the right is wearing a teal tank top and white shorts. The background is bright and slightly out of focus, showing the window frame and curtains.

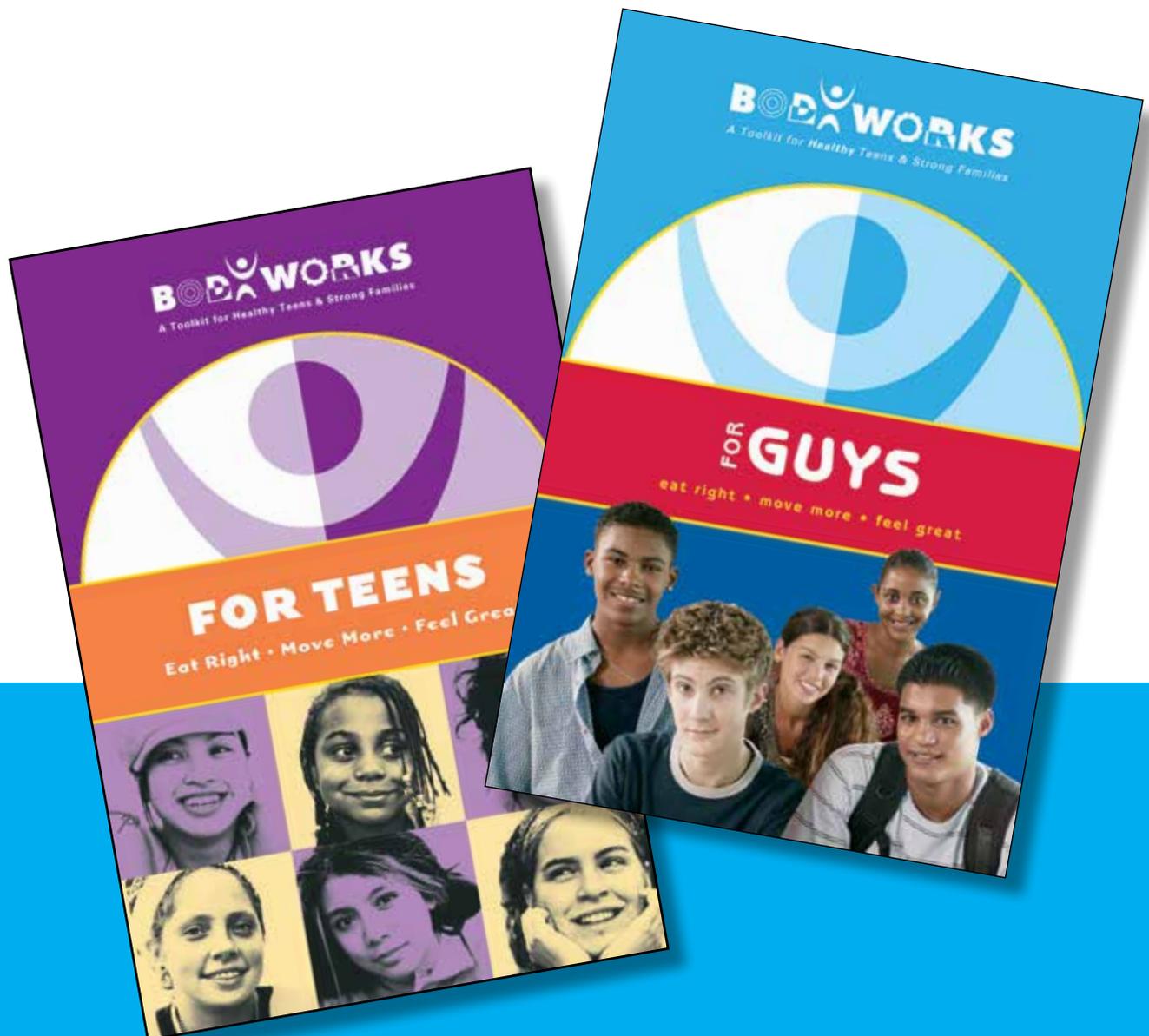
*The BodyWorks kit gave my daughter a second thought about cutting down on soda. Before she would take whatever she wanted to drink, but now she asks permission. She also said she could be a strong role model for her younger sister.<sup>1</sup>*

— Mother of an adolescent girl, Albuquerque, NM OWH Focus Group

# GET YOUR TEEN INVOLVED

**BodyWorks For Teens** and **BodyWorks For Guys** were created for adolescents to reinforce the messages of the BodyWorks toolkit. The publication uses games, quizzes, checklists, and more to teach teens about nutrition, exercise, and living a healthy lifestyle.

Encourage your teen to read these magazines as you work to make changes in family eating and physical activity habits.







## *Shop, cook, and eat together*

Use the tools described in this section to make healthy, convenient, and inexpensive meals. Watch the video, prepare the shopping list, and use the recipe book to plan family meals.



# SHOPPING TIPS

The next time you go to the grocery store, **take a look at the outer aisles in the store.** Chances are that is where you'll find the fresh foods that will form the basis for your meals, such as dairy products, eggs, seafood, meat and poultry, fresh fruits, and vegetables.

In the inner aisles, you'll find canned and frozen foods, as well as whole grains, to complement your food choices.

## Suggestions for frozen and canned foods to keep on hand:

- ◆ Jarred and canned tomatoes and tomato sauce
- ◆ Beans, especially navy, kidney, and pinto beans (low sodium is best)
- ◆ Fish, such as sardines, salmon, herring, mackerel, and tuna\*
- ◆ Canned vegetables such as pumpkin, sweet potatoes, and carrots
- ◆ Frozen green vegetables such as spinach, broccoli, and peas
- ◆ Frozen berries (no sugar added) or fruits canned in 100% juice

Use the percent Daily Value (%DV) on the Nutrition Facts label to limit sodium. Remember, 5% DV or less is low and 20% DV or more is high. Also, read the ingredients list to make sure that added sugars (caloric sweeteners) are not one of the first few ingredients. Examples include brown sugar, corn sweetener, corn syrup, dextrose, fructose, and fruit juice concentrates.

\* Women who are pregnant or breastfeeding should not eat four types of fish because they are high in methyl mercury. These are tilefish, shark, swordfish, and king mackerel. Women who are pregnant or breastfeeding can eat all types of tuna, including white (albacore) and light canned tuna, but should limit white tuna to 6 ounces per week because it is higher in methyl mercury.<sup>1</sup>

## How much do fruits and vegetables cost?

The 2010 Dietary Guidelines for Americans advise persons needing 2,000 calories per day to consume 2 cups of fruit and 2.5 cups of vegetables. Researchers found that Americans on a 2,000-calorie diet could purchase the quantity and variety of both fruits and vegetables recommended per day for between \$2.00 and \$2.50 per day, or roughly 50 cents per edible cup.<sup>2</sup>

COST PER SERVING (excluding skin, stems, losses from cooking, etc.)	
Bananas	\$ .21
Apples	\$ .28
Oranges – navel	\$ .34
Orange juice – frozen concentrate	\$ .26
Pineapple – canned	\$ .49
Potatoes – boiled	\$ .19
Spinach – boiled from frozen	\$ .96
Corn – sweet, canned, whole kernel	\$ .37
Carrots – whole	\$ .25
Pinto beans – canned	\$ .38
Tomatoes – grape and cherry	\$ 1.20
Tomatoes – canned	\$ .41

## Shopping list

You will find in your kit a pad of shopping lists that you can use each time you shop.

Plan your meals and decide what you need for cooking. Then use this list to help you with your shopping.



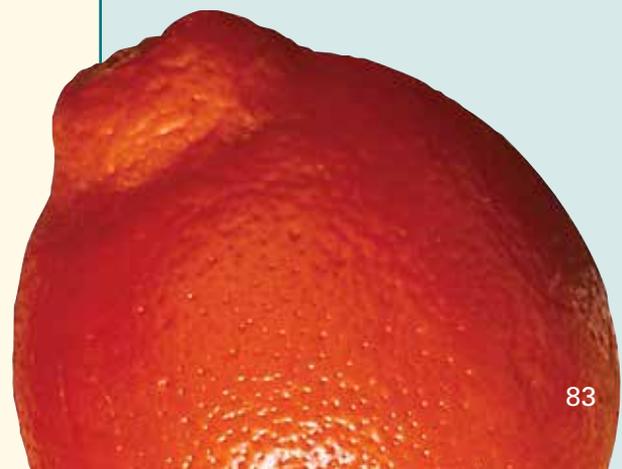
**SHOPPING LIST**

<p><b>Milk and Milk Products</b> <i>(Low-fat or fat-free)</i></p> <p><input type="checkbox"/> Milk      <input type="checkbox"/> Yogurt  <input type="checkbox"/> Cheddar cheese    <input type="checkbox"/> Cream cheese  <input type="checkbox"/> Cottage cheese    <input type="checkbox"/> Ricotta cheese  <input type="checkbox"/> String cheese  <input type="checkbox"/> American cheese</p>	<p><b>Fruit</b> <i>(Fresh or packed in 100% juice)</i></p> <p><input type="checkbox"/> Apples      <input type="checkbox"/> Papayas  <input type="checkbox"/> Bananas      <input type="checkbox"/> Pears  <input type="checkbox"/> Grapes      <input type="checkbox"/> Pineapples  <input type="checkbox"/> Mangoes      <input type="checkbox"/> Strawberries  <input type="checkbox"/> Melons      <input type="checkbox"/> Oranges</p>
<p><b>Grains</b></p> <p><input type="checkbox"/> Oatmeal  <input type="checkbox"/> Brown rice  <input type="checkbox"/> English muffins (enriched)  <input type="checkbox"/> Popcorn (no added fat or salt)  <input type="checkbox"/> Whole grain bread  <input type="checkbox"/> Whole grain pasta  <input type="checkbox"/> Whole wheat pita  <input type="checkbox"/> Whole grain cereals (ready-to-eat)</p>	<p><b>Protein</b></p> <p><input type="checkbox"/> Beef (lean)  <input type="checkbox"/> Pork (lean chops or loin)  <input type="checkbox"/> Chicken (whole, parts or ground)  <input type="checkbox"/> Turkey (lean whole, parts or ground)  <input type="checkbox"/> Turkey or soy hot dogs  <input type="checkbox"/> Seafood  <input type="checkbox"/> Veggie burgers  <input type="checkbox"/> Eggs  <input type="checkbox"/> Tofu  <input type="checkbox"/> Beans</p>
<p><b>Vegetables</b> <i>(Choose more often without sauces)</i></p> <p><input type="checkbox"/> Carrots      <input type="checkbox"/> Lettuce  <input type="checkbox"/> Beans      <input type="checkbox"/> Onions  <input type="checkbox"/> Broccoli      <input type="checkbox"/> Peas  <input type="checkbox"/> Celery      <input type="checkbox"/> Peppers  <input type="checkbox"/> Cucumber      <input type="checkbox"/> Potatoes  <input type="checkbox"/> Corn      <input type="checkbox"/> Tomatoes</p>	<p><b>Other</b></p> <p><input type="checkbox"/> _____  <input type="checkbox"/> _____  <input type="checkbox"/> _____  <input type="checkbox"/> _____  <input type="checkbox"/> _____</p>



U.S. Department of Health and Human Services  
Office of Women's Health

womenshealth.gov  
800-994-WOMAN (9662)  
TDD: 888-220-5446



# CHECK THE FACTS

What you need to know about the Nutrition Facts label.

**Nutrition Facts**

Serving Size 1 cup (228g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 250      Calories from Fat 110

	% Daily Value*	
<b>Total Fat</b> 12g		18%
Saturated Fat 3g		15%
Trans Fat 3g		
<b>Cholesterol</b> 30mg		10%
<b>Sodium</b> 470mg		20%
<b>Potassium</b> 700mg		20%
<b>Total Carbohydrate</b> 31g		10%
Dietary Fiber 0g		0%
Sugars 5g		
<b>Protein</b> 5g		
Vitamin A		4%
Vitamin C		2%
Calcium		20%
Iron		4%

\* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

**Start Here** ♦

**Check Calories** ♦

**Limit these Nutrients** ♦

**Get Enough of these Nutrients** ♦

**Footnote** ♦

♦ % Daily Value  
5% or Less is Low  
20% or More is High

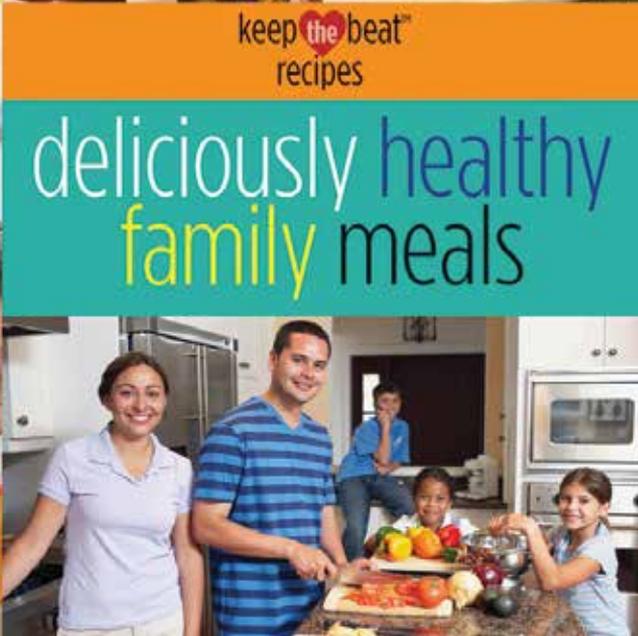
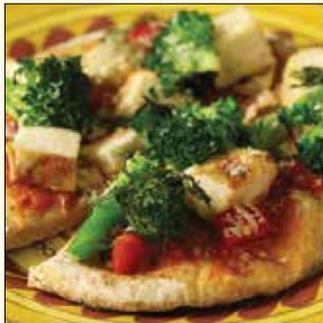
## NUTRITION FACTS LABEL DEFINITIONS

- 1 Serving Size:** Look at the serving size. If you double the servings you eat, you also double the calories and nutrients.
- 2 Serving Per Container:** Amount of calories and nutrients in one serving (in this case, 1 cup).
- 3 Calories:** Decide if this food is worth eating based on the number of calories and the amount of nutrients you are getting. More than 400 calories per serving is high for a single food item.
- 4 Fat, Cholesterol, and Sodium:** To reduce the risk of heart disease, limit your intake of fat, saturated fat, and cholesterol and reduce your intake of sodium. Keep *trans* fat as low as possible.
- 5 Percent Daily Value (% DV):** The % DV tells you if a serving of food is high or low in a nutrient, and provides information on how a serving of the food fits overall into a healthy diet. Keep nutrients like saturated fat, cholesterol, and sodium low. Aim for 100% DV of dietary fiber, vitamins A and C, calcium, and iron. Remember, 5% DV or less is low; 20% DV or more is high.
- 6 Grams of Sugar:** Read the ingredients list to make sure that sugars added to foods or drinks during processing or preparation are not one of the first few ingredients. Examples include brown sugar, corn sweetener, high-fructose corn syrup, dextrose, fructose, fruit juice concentrates, maltose, dextrose, sucrose, honey, and maple syrup.

# SHORTCUTS FOR PARENTS ON THE RUN

- 1 Plan weekly.** Take one hour to plan family meals for the week ahead and then go shopping. Use the shopping list and ask family members to contribute to it. Family members can also accompany you to the grocery store.
- 2 Keep basic ingredients on hand.** Stock up on dry beans, tuna, rice, pasta, spaghetti sauce, and other fixings for a quick meal. Buying extra frozen fruits and vegetables is also a good idea.
- 3 Use a crock pot or slow cooker to save time.** All you have to do is fill it up and turn it on. When you get home in the evening, dinner is ready.
- 4 Try cooking big batches of food in advance.** Block out a few hours during the weekend or during the week to make a big batch of chili, soup, casserole, or pasta. Refrigerate or freeze, depending on how soon you plan to eat the food. When you're ready, all you have to do is heat and serve.
- 5 Use the microwave.** Cooking with a microwave can be a safe, easy way to make a meal. There are plenty of recipes for microwave cooking.
- 6 Teach your children how to cook.** Invite your children to help you prepare meals, learn new recipes, and shop for ingredients. Cookbooks for children, preteens and up include *Honest Pretzels* by Molly Katzen, *There's a Chef in My Soup! Recipes for the Kid in Everyone*, and *The Teen's Vegetarian Cookbook* by Judy Krizmanic.

**Your BodyWorks Tool Kit** includes a recipe book filled with nutritious, easy-to-make, low-cost meals, including popular foods from many different cultures. The book also features cooking tips, nutritional information, and food facts.



# EAT MORE SEAFOOD

The U.S. Dietary Guidelines recommend Americans increase the amount and variety of seafood they consume. They suggest choosing seafood in place of some meat and poultry. Eating seafood every week reduces the risk of heart disease, whether people already have heart disease or not. It is recommended that women who are pregnant or breastfeeding consume at least 8 and up to 12 ounces of a variety of seafood per week to boost their babies' eye and brain development.\*

While most Americans eat only 3.5 ounces a week of seafood regularly, the Guidelines suggest at least 8 ounces a week, depending on age.

Often people have a difficult time buying seafood, and many do not know how to prepare it. Others are not aware that all forms of seafood—fresh, frozen, or canned—are all nutritious. The following information may motivate you to try a variety of fresh seafood dishes more often.

## *Stay fit with seafood*

Several types of seafood are high in omega-3 fatty acids which help reduce disease. Fish and seafood that are higher in omega-3s and lower in mercury include salmon, anchovies, herring, sardines, Pacific oysters, trout, and Atlantic and Pacific mackerel (not king mackerel). Adolescents and adults should eat about 8 ounces (or two servings) per week of a variety of seafood; the health benefits outweigh the risks associated with mercury found in some seafood.

There are many healthy choices of seafood you can make at the grocery store that can replace some of the meat and poultry dishes you usually have:



- ◆ Tuna
- ◆ Salmon
- ◆ Sea bass
- ◆ Freshwater trout
- ◆ Sardines
- ◆ Oysters
- ◆ Whitefish
- ◆ Perch
- ◆ King crab
- ◆ Flounder
- ◆ Sole
- ◆ Pollock
- ◆ Catfish
- ◆ Tilapia
- ◆ Clams
- ◆ Shrimp

\* Women who are pregnant or breastfeeding should not eat four types of fish because they are high in methyl mercury. These are tilefish, shark, swordfish, and king mackerel. Women who are pregnant or breastfeeding can eat all types of tuna, including white (albacore) and light canned tuna, but should limit white tuna to 6 ounces per week because it is higher in methyl mercury.

For more information, visit the websites of the U.S. Department of Health and Human Services and U.S. Environmental Protection Agency.

## How to shop for seafood

- ◆ Whole fish and fillets should have firm and shiny flesh. Dull flesh may mean the fish is old.
- ◆ Fresh whole fish should have bright red gills and should be slime-free.
- ◆ The flesh of the fish should spring back when pressed.
- ◆ The flesh of the fish should not be dark around the edges or look brown or yellow.
- ◆ The fish should smell fresh and mild, not fishy or ammonia-like.
- ◆ Fresh seafood should be refrigerated or properly iced when you buy it.

## Storing seafood

- ◆ Put seafood on ice, in the refrigerator, or in the freezer, right after you buy it.
- ◆ If you plan to use the seafood within two days of buying it, store it in the coldest part of the refrigerator.
- ◆ If you are freezing the seafood, wrap it tightly in moisture-proof freezer paper or plastic to avoid air leaks.
- ◆ Throw out shellfish if they die during storage or if their shells crack or break. Live shellfish close up when the shell is tapped.

## Handling seafood

- ◆ Wash your hands with clean running water, warm if possible, before and after handling raw food.
- ◆ It's best to thaw frozen fish in the refrigerator gradually overnight
- ◆ If you must thaw fish quickly, seal it in a leakproof plastic bag and place it in cold water for about an hour, changing the water every 30 minutes. Cook immediately upon thawing.
- ◆ Marinate seafood in the refrigerator, not on the counter. Throw out any marinade that is not used since it contains raw fish juices.
- ◆ Do not allow cooked seafood to come in contact with raw products. Use separate cutting boards and utensils or wash items with hot soapy water between uses.

## Cooking with seafood

### How do you know the seafood is done?

- ◆ For fish, pull aside the flesh with the point of a sharp knife. The edges should be opaque and the center slightly clear with flakes beginning to separate. Let the fish stand three to four minutes to finish cooking.
- ◆ For shrimp, lobster, and scallops, check color. Shrimp and lobster turn red and the flesh becomes pearly opaque. Scallops turn milky white or opaque and firm.
- ◆ For clams, mussels, and oysters, watch for the shells to open—which means they're done. Throw out those that stay closed.

Also remember that raw or cooked seafood should not be outside a refrigerator or freezer for more than two hours. If the air temperature is over 90° F seafood should not be outside of a refrigerator or freezer for more than one hour.



# TABLE TIME TOGETHER

The traditional family dinner—prepared by a parent for a group gathered around the table—has given way to grabbing something on the run, snacking in front of the television, or continual munching from after school until bedtime.

Many parents think dinner with their children is very important. However, the frequency of family dinners has decreased during the last few decades. Also, fewer and fewer children eat dinner with their families, especially as children grow to become teens. In a recent study, 56% of families with school age children and 42% of adolescents report eating a meal together six to seven days a week.<sup>3</sup>

Adolescents can benefit from family dinners. Studies show that kids who eat with their families tend to have more healthful eating patterns. For example, they eat more fruits and vegetables and less fried foods and drink less soda. They also tend to consume more calcium and iron, which are critical to bone and muscle development. Also, eating dinner together appears to trigger family conversations about healthful eating practices.<sup>4</sup>

Bring back your family dinners, and set aside time to eat together at the table. Family dinners allow you to monitor your child's food intake and give you time to reconnect with your kids after a busy day. You will also have a chance to be together without distractions (including television) and can practice social skills. Get your kids involved in menu choices, meal preparations, and even cleanup.



## *Ten tips for making the family dinner experience enjoyable*

**1 Offer foods that are nutritious.**

Then, allow your children to choose among the foods offered.

**2 Don't be a short order cook.** If your child does not want to eat the food on the table, don't make another meal.

**3 Don't make eating an emotional issue.** If a child refuses to eat a specific food, let it go. Your child may choose to eat it later after seeing others eat that food.

**4 Don't bribe or reward with food.** Promising a dessert for eating a vegetable, for example, can make your child view the vegetable as a "bad" food that requires a bribe to be eaten.

**5 Plan your meals on a weekly basis.** That way, you will have all the ingredients you need to prepare healthy dinners for the whole week.

**6 Make a grocery list to direct your shopping** so you're not tempted to put chips, soda, or other snacks into the grocery cart.

**7 Don't make any foods "forbidden."** These only become more desirable later.

**8 Offer fruits and vegetables frequently.** Wash them and keep them visible and easily accessible.

**9 Don't assume that healthy foods are more expensive than junk food.**

**10 Have everyone—parents included—turn off all electronics.** No cell phone, computer, or TV use should be allowed during meal time.





*Support a  
healthy lifestyle  
for your family*

Create an environment at home,  
at school, and within your community  
that supports fitness and healthy eating.

Use the resources listed for more  
suggestions and information.

# ENVIRONMENTAL CHECKLIST

The following questions will help you better understand your child's eating and fitness environment. Your responses can provide you with information about the steps you can take to support healthy eating and regular physical activity.

## Home

- 1** Are the pantry and refrigerator stocked with healthy snacks, such as fresh fruit, low-fat dairy products, and whole-grain cereals and bars?  
 **Y**  **N**
- 2** Are fruits and vegetables visible in the kitchen or dining room for snacking?  
 **Y**  **N**
- 3** Do children eat a healthy breakfast every day?  
 **Y**  **N**
- 4** Do you buy and serve whole-grain breads, pasta, and rice?  
 **Y**  **N**
- 5** Are beverages such as water and milk available instead of sodas and fruit drinks?  
 **Y**  **N**
- 6** Do you pack healthy lunches for your children?  
 **Y**  **N**
- 7** Does your family sit down together for dinner a few times a week?  
 **Y**  **N**
- 8** Do dinners include items from the major food groups, including milk and cheese, fruits and vegetables, meat, poultry, fish and eggs, and bread and cereals?  
 **Y**  **N**
- 9** Does your family often eat at or carry out from fast-food restaurants?  
 **Y**  **N**
- 10** Do you read food nutrition labels while shopping?  
 **Y**  **N**
- 11** Do your children help shop, plan meals, and cook?  
 **Y**  **N**
- 12** Do you set limits on how many hours your child can watch television, play computer or video games, or talk on the phone?  
 **Y**  **N**
- 13** Have you removed the television, DVD player, or computer from your child's bedroom?  
 **Y**  **N**
- 14** Does the family engage in any physical activities together such as walking, biking, or swimming?  
 **Y**  **N**
- 15** Is there sports or exercise equipment at home, including balls, bikes, and jump ropes?  
 **Y**  **N**
- 16** Do adult family members exercise regularly, for one hour a few times per week?  
 **Y**  **N**

**17** Do the children in your family walk to school?

**Y**  **N**

## **School**

**1** Does your child's school have a comfortable place to sit and eat lunch?

**Y**  **N**

**2** Do students have enough time to eat?

**Y**  **N**

**3** Is the lunch period too early or too late?

**Y**  **N**

**4** Does your child bring a nutritious bag lunch to school?

**Y**  **N**

**5** Does the cafeteria offer healthy meals or alternatives, such as salad bars or vegetarian entrees?

**Y**  **N**

**6** Can students buy foods high in sugar, fat, and sodium from vending machines, the school store, or even the main cafeteria?

**Y**  **N**

**7** Do school fundraisers involve selling candy, soda, and other unhealthy foods to raise money for school supplies or programs?

**Y**  **N**

**8** Does the school accept money from food or beverage companies in exchange for sales of products, promotion, or advertising space?

**Y**  **N**

**9** Does your school have contracts with fast-food outlets that provide lunch?

**Y**  **N**

**10** Do the water fountains at the school work?

**Y**  **N**

**11** Does your child take gym class more than once a week?

**Y**  **N**

**12** Are showers available after gym class?

**Y**  **N**

**13** Does your child enjoy the activities in physical education class?

**Y**  **N**

**14** Does your child participate in any after-school sports or physical activities outside of gym class?

**Y**  **N**

**15** Is transportation after school available so that your child can attend activities and get a ride home?

**Y**  **N**

**16** Is your child teased about her weight or shape? If so, what does the school do about it?

**Y**  **N**

**17** Are there opportunities for teachers, parents, and students to discuss school policies regarding teasing and bullying?

**Y**  **N**

**18** Are speakers brought in to discuss nutrition and physical activity with parents, teachers, and students?

**Y**  **N**

**19** Are students taught about nutrition, healthy eating, and the importance of regular physical activity?

**Y**  **N**

**20** Does the school nurse have the opportunity to discuss healthy weight and monitor growth with students?

Y  N

**21** Does the school have guidelines on referring students to health care providers who are knowledgeable about nutrition and fitness?

Y  N

**22** Do teachers and other staff serve as good role models for healthy eating and physical activity for students?

Y  N

## Community

**1** Is it safe for your child to play outdoors without adult supervision?

Y  N

**2** Are there sidewalks in the neighborhood so that kids can walk to friends' houses, school, stores, and other places?

Y  N

**3** Are there bike paths or hiking trails, swimming pools, or parks in your neighborhood?

Y  N

**4** Are there community sports teams or clubs your child can join that are affordable?

Y  N

**5** Is there a church or community center nearby that offers classes such as dance, self-defense, or other physical activities?

Y  N

**6** Do community organizations have a list of resources for parents who may want additional information about nutrition and fitness?

Y  N

**7** Are fast-food places within walking distance?

Y  N

**8** Are there places within walking distance to buy healthy snacks?

Y  N

**9** Is there a way to voice your concerns about inadequate services or resources in your community so you can help to improve them?

Y  N



# PARENTS AS PARTNERS

Helping your child adopt a healthy lifestyle now and in the future

## *Take action!*

As a parent or caregiver, your opinions matter.

The following are some steps you can take to make your voice heard.

### **1 Use the environmental checklist to identify priorities for you and your child.**

- ◆ What did you learn?
- ◆ What are the current strengths of the home, school, and community environments with regard to healthy eating and regular physical activity?
- ◆ What are the weaknesses and obstacles to improving these settings?
- ◆ What can you do about it?
- ◆ What kind of support do you need?

### **2 Decide on realistic changes that you can advocate for in your child's school.**

#### **Examples include:**

- ◆ Place limits on vending machines. Examples include turning them off during school hours, selling healthier foods and drinks, and raising the prices of high-fat, high-sugar foods.
- ◆ Ban companies from marketing junk food to children as part of school-related events and programs.
- ◆ Include media literacy lessons that teach kids how to be more educated media consumers.
- ◆ Switch to fundraisers that sell fruit, wrapping paper, candles, T-shirts, sweatshirts, and other non-junk food items.

### **3 Make your opinions known.**

- ◆ Write or talk to the school principal, district superintendent, school board member, and/or food service director.
- ◆ Work with the school's PTA (Parent Teacher Association) to assure that healthy foods and drinks in the school are a priority.
- ◆ Organize your own parent group if the school does not already have one.
- ◆ Write letters to the editor of local media organizations.
- ◆ Find out what the physical education requirements are at your child's school; lobby for more hours if there are none; locate after-school programs and community centers that provide physical activities to ensure that they are active one hour every day.



## *Taking vending machines out of schools*

Vending machines stocked with salty snack foods, sweets, and sodas are common in most schools across the country. As a parent or caregiver, you may think that you have no control over school policies. Yet communities are fighting back—and winning.

School districts across the country have banned the sale of soda, chips, and/or candy, including those in New York and Los Angeles. In some cases, these junk foods are being replaced with healthier options, such as milk and bottled water.

For practical tips on bringing healthier foods to your school, check out [www.letsmove.gov/schools](http://www.letsmove.gov/schools).

# CREATING HEALTHIER SCHOOLS

*Improving the nutrition of school meals is an important investment in the future of America's children. We know that healthy food plays a vital role in strengthening a child's body and mind and the healthier school meals will help to ensure our children can learn, grow, and reach their full potential.*

— Agriculture Under Secretary for Food, Nutrition and Consumer Services Kevin Concannon

School cafeterias nationwide now offer healthier foods to students. The U.S. Department of Agriculture introduced a new program in 2012 as a result of the 2010 Hunger-Free Kids Act. The new meal standards ensure students are offered both fruits and vegetables every day, increase the amount of whole-grain foods and low-fat or fat-free milk products, limit calories based on age, and reduce saturated fats, trans fats, and sodium in foods. Learn more about the standards at [www.usda.gov/healthierschoolday](http://www.usda.gov/healthierschoolday).

## **The School Day Just Got Healthier**

**Toolkit** is a collection of resources, including brochures, fact sheets, FAQs, fliers, school lessons, templates, and much more, to help prepare everyone for the changes to school meals this school year. This toolkit is separated by audience to help direct you to the most relevant and valuable tools and resources created just for you. For more information about the toolkit, please visit [www.fns.usda.gov/cnd/healthierschoolday/toolkit.htm](http://www.fns.usda.gov/cnd/healthierschoolday/toolkit.htm).



**Let's Move!** is a comprehensive initiative, launched by First Lady Michelle Obama, dedicated to solving the problem of obesity within a generation, so that children born today will grow up healthier and be able to pursue their dreams. Sure, this is an ambitious goal. But with your help, we can do it.

Combining comprehensive strategies with common sense, **Let's Move!** is about putting children on the path to a healthy future during their earliest months and years; giving parents helpful information and fostering environments that support healthy choices; providing healthier foods in our schools; ensuring that every family has access to healthy, affordable food; and helping children become more physically active. Check out [www.letsmove.gov](http://www.letsmove.gov) for more information.

Principals, teachers, and parents can help make schools healthier places to learn by providing quality nutrition, integrating physical activity during the day, and teaching children about the importance of embracing a healthy, active lifestyle. Follow the five simple steps to success:

- ◆ Create a School Health Advisory Council.
- ◆ Join the HealthierUS School Challenge.
- ◆ Make your school a healthy worksite.
- ◆ Incorporate nutrition education and physical education into the curriculum.
- ◆ Plant a school garden.

For more information about these steps, visit [www.letsmove.gov/schools](http://www.letsmove.gov/schools).



# HELP KIDS PLANT A GARDEN

In some schools, planting a garden is part of the curriculum. School gardens can teach children about plants and other science topics, as well as about health because they can learn about nutritious foods firsthand. Planting and tending to a garden is also a good physical activity.

## **Gardens can help encourage kids to eat fruits and vegetables by:**

- ◆ Making fresh fruits, vegetables, and herbs available.
- ◆ Allowing kids to eat foods that they grew themselves.
- ◆ Creating an appreciation for how food is grown.
- ◆ Providing opportunities to understand the nutrients in different foods.
- ◆ Practicing food preparation and introducing new types of food.
- ◆ Improving attitudes toward healthy foods that may lead to better eating habits.
- ◆ Developing an appreciation for the environment.

**For more information on school gardens, check out the following websites:**

- ◆ [www.ecoliteracy.org](http://www.ecoliteracy.org)  
Center for Ecoliteracy
- ◆ [www.kidsgardening.com](http://www.kidsgardening.com)  
National Gardening Association
- ◆ [www.communitygarden.org](http://www.communitygarden.org)  
American Community Gardening Association
- ◆ [www.thefoodtrust.org](http://www.thefoodtrust.org)  
The Food Trust offers assistance in creating a school-based farm market offering fresh healthy foods.
- ◆ [www.edibleschoolyard.org](http://www.edibleschoolyard.org)  
Sponsored by The Chez Panisse Foundation, a one-acre garden and kitchen classroom at a middle school in Berkeley, CA.

**Children of all ages can be taught to ask five key questions about every media message they see:<sup>2</sup>**

- 1** Who created the message?
- 2** What techniques are used to attract my attention?
- 3** What lifestyles, values, and points of view are presented in or left out of the message?
- 4** Why was the message sent?
- 5** How might other people understand the message differently from me?

If teens apply these questions to every message that comes at them, they can be much more knowledgeable and empowered about what they see and hear in the media.

# **MEDIA LITERACY**

Every day, teens are bombarded with media messages, from commercials featuring fast food restaurants and stories of “successful” weight loss methods to television shows and music videos with stick-thin performers. Teens need skills to better understand these media messages so they can make good decisions for themselves about food, activity, and healthy weight.

What else can parents do?

- ◆ **Advocate for schools to incorporate media literacy into the classroom.**
- ◆ **Watch television with your teen and discuss** commercials for food products and soda as well as images of teens on popular shows, music videos, and movies. Use the questions on the left-hand side of this page to structure a discussion with them.
- ◆ **Limit the amount of time on media use, including television, computers, video games, and cell phones.**
- ◆ **Flip through magazines that your kids are reading and discuss the messages** in ads that relate to body image, fitness, weight loss, or physical activity.
- ◆ **Check out advocacy groups that promote media literacy** like the Action Coalition for Media Education (ACME) at [www.acmecoalition.org](http://www.acmecoalition.org) and the National Association for Media Literacy Education (NAMLE) at [www.name.net](http://www.name.net).

# MEDIA USE AMONG CHILDREN AND TEENS<sup>3</sup>

*The amount of time young people spend with media has grown to where it's even more than a full-time work week. When children are spending this much time doing anything, we need to understand how it's affecting them—for good and bad.*

— Drew Altman, Ph.D., President and CEO, Kaiser Family Foundation

- ◆ Youth from 8 to 18 years of age devote an average of 7 hours and 38 minutes to using entertainment media across a typical day (more than 53 hours a week). Much of that time is spent “media multitasking,” allowing them to pack in a total of 10 hours and 45 minutes’ worth of media.
- ◆ Only about 3 in 10 young people say they have rules about how much time they can spend watching TV, playing video games, or using the computer. But when parents do set limits, children spend nearly 3 hours less using entertainment media per day than those with no rules.
- ◆ About two-thirds of young people say the TV is usually on during meals, and just under half say the TV is left on “most of the time” in their home, even if no one is watching.
- ◆ Black and Hispanic children spend far more time (nearly 4½ hours) using entertainment media than White children daily, even when factors such as age, parents’ education, and single- vs. two-parent homes are taken into consideration.
- ◆ Top online activities daily include social networking (22 minutes), playing games (17 minutes), and visiting video sites such as YouTube (15 minutes). Three-quarters of all 7th to 12th graders say they have a profile on a social networking site.
- ◆ 7th to 12th graders report spending almost 90 minutes a day sending or receiving texts. (Time spend texting was not counted as media use in this study.)



# RESOURCES

## **Nutrition and Physical Activity Programs for Schools and Communities**

### **California Project Lean**

[www.californiaprojectlean.org](http://www.californiaprojectlean.org)

### **Communities Adolescents Nutrition Fitness**

[www.canfit.org](http://www.canfit.org)

### **Coordinated Approach to Child Health (CATCH)**

[www.catchinfo.org](http://www.catchinfo.org)

### **Eat Well & Keep Moving**

[www.eatwellandkeepmoving.org](http://www.eatwellandkeepmoving.org)

### **KaBOOM!**

[www.kaboom.org](http://www.kaboom.org)

### **Kids Walk-to-School**

[www.cdc.gov/nccdphp/dnpa/kidswalk/](http://www.cdc.gov/nccdphp/dnpa/kidswalk/)

### **Let's Move!**

[www.letsmove.gov](http://www.letsmove.gov)

### **P.E.4life**

[www.pe4life.org](http://www.pe4life.org)

### **Planet Health**

[www.planet-health.org](http://www.planet-health.org)

### **President's Council on Fitness, Sports & Nutrition**

[www.fitness.gov](http://www.fitness.gov)

### **Sports, Play and Active Recreation for Kids (SPARK)**

[www.sparkpe.org](http://www.sparkpe.org)

### **Team Nutrition**

[www.fns.usda.gov/tn](http://www.fns.usda.gov/tn)

### **TAKE 10!™**

[www.take10.net](http://www.take10.net)

### **VERB™**

[www.cdc.gov/youthcampaign/](http://www.cdc.gov/youthcampaign/)

### **We Can!**

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

## **Websites with Nutrition and Physical Activity Information**

### **Alliance for a Healthier Generation**

[www.healthiergeneration.org/parents.aspx?id=3085](http://www.healthiergeneration.org/parents.aspx?id=3085)

### **American Diabetes Association**

[www.diabetes.org](http://www.diabetes.org)

### **American Dietetic Association**

[www.eatright.org](http://www.eatright.org)

### **American Heart Association**

[www.heart.org](http://www.heart.org)

### **Body and Mind**

[www.bam.gov](http://www.bam.gov)

### **Best Bones Forever!**

[www.bestbonesforever.gov](http://www.bestbonesforever.gov)

### **Fruits and Veggies Matter**

[www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)

### **Girls' Health**

[www.girlshealth.gov](http://www.girlshealth.gov)

### **Healthfinder**

[www.healthfinder.gov](http://www.healthfinder.gov)

### **Healthy Weight for Life - Indian Health Service**

[www.ihs.gov/healthyweight](http://www.ihs.gov/healthyweight)

### **It's My Life**

[www.pbskids.org/itsmylife](http://www.pbskids.org/itsmylife)

### **Kidnetic**

[www.kidnetic.com](http://www.kidnetic.com)

### **KidsHealth**

[www.kidshealth.org](http://www.kidshealth.org)

# RESOURCES *continued*

## **Media-Smart Youth: Eat, Think, Be Active!**

[www.nichd.nih.gov/msy/](http://www.nichd.nih.gov/msy/)

## **Milk Matters**

[www.nichd.nih.gov/milk](http://www.nichd.nih.gov/milk)

## **My Plate**

[www.choosemyplate.gov](http://www.choosemyplate.gov)

## **National Osteoporosis Foundation**

[www.nof.org](http://www.nof.org)

## **Nutrition.gov**

[www.nutrition.gov](http://www.nutrition.gov)

## **Office of Minority Health**

[www.minorityhealth.hhs.gov](http://www.minorityhealth.hhs.gov)

## **President's Council on Fitness, Sports & Nutrition**

[www.fitness.gov](http://www.fitness.gov)

## **Recreation.gov**

[www.recreation.gov](http://www.recreation.gov)

## **Spot the Block**

[www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm281746.htm](http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm281746.htm)

## **SuperTracker**

[www.choosemyplate.gov/supertracker](http://www.choosemyplate.gov/supertracker)

## **Vegetarian Resource Group**

[www.vrg.org/family/kidsindex.htm](http://www.vrg.org/family/kidsindex.htm)

## **Weight-control Information Network (WIN)**

[www.win.niddk.nih.gov](http://www.win.niddk.nih.gov)

## **Women's Health**

[www.womenshealth.gov](http://www.womenshealth.gov)



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# BODWORKS

A Toolkit for Healthy Teens & Strong Families

1

*Decide  
to live a  
healthy  
lifestyle*

2

*See where  
you  
are now*

3

*Understand  
healthy eating*

4

*Recognize  
the benefits  
of physical  
activity*

5

*Set goals  
and plan*

6

*Shop, cook,  
and eat  
together*

7

*Support a  
healthy  
lifestyle for  
your family*



*W*omenshealth.gov

OWH Helpline: 800-994-9662