

Healthy Eating for Energy

Healthy eating helps you to balance the food you eat to keep your body strong, energized, and well nourished. When you eat well, you are taking good care of your body.

HEALTHY EATING IS A GREAT WAY TO:

- Feel more energetic all day
- Improve your mood
- Help you concentrate
- Get the nutrients your body needs
- Stay strong for sports or other activities
- Reach your maximum height (if you are still growing)

WHAT IS "HEALTHY EATING?"

- Aiming for regular meals (usually 3 meals per day; in the morning, afternoon, and evening) and healthy snacks (when you are hungry or need extra energy)
- Eating foods from all of the food groups (vegetables and fruits, grain products, milk and alternatives, meat and alternatives) each day to meet your nutritional needs
- Balancing mostly nutrient-rich foods with moderate amounts of other foods, such as sweets or fast foods
- Eating when hungry and stopping when full



TEENS NEED MORE NUTRIENTS!

- During your teenage years is the biggest growth spurt since you were a baby and this requires extra calories and nutrients such as protein, calcium and iron.
- Choose calcium-rich foods such as milk or fortified-soy beverages, yogurt, cheese, and calcium fortified orange juice. Your increased need for skeletal growth signals your body to absorb extra calcium from the foods you eat. If you don't meet your calcium needs now, when your bones are growing, you may end up with weaker bones that are more prone to fractures.
- Pump up the iron in your diet with meats and alternatives, whole grain breads, pastas and cereals, dried fruits and green leafy veggies. Iron helps carry oxygen to your muscles, helps your brain work, helps your immune system fight disease and keeps your energy levels up.

Tips for Healthy Eating

1. PLAN AHEAD.

- Believe it or not, eating 3 meals with snacks in between is the best way to maintain your energy and a healthy weight. You are more likely to choose foods that are not as healthy when you skip meals and are over-hungry.
- Eat breakfast. Missing breakfast makes you more likely to overeat later in the day.
- Eating away from home? Don't leave yourself stranded—bring food along or know where you can go to buy something healthy and satisfying.

2. LEARN ABOUT SIMPLE, HEALTHY WAYS TO PREPARE FOODS.

- Try healthier ways to cook foods such as grilling, stir-frying, microwaving, baking, and boiling instead of deep frying.
- Try fresh or dried herbs (basil, oregano, parsley) and spices (lemon pepper, chili powder, garlic powder) to flavour your food instead of salt.
- Trim the skin and fat off of your meat or choose leaner cuts.

3. RE-THINK YOUR DRINKS.

- Sugary drinks are a big source of empty energy. This means that they contain a lot of energy (in the form of calories) that your body may not need, and they don't have vitamins, minerals, protein, or even fiber. Try water, flavoured waters or milk instead of pop, sports drinks, energy drinks or other sweetened drinks.
- Even unsweetened juices contain a lot of natural sugar. Don't go overboard with sweet drinks —try to limit the amount you drink to one serving, one time per day.

4. TAKE YOUR TIME AND LISTEN TO YOUR BODY.

- Slow down when you eat. Try to relax and pace yourself so that your meals last at least 20 minutes, since it takes 20 minutes for you to feel full.
- Eating when you are hungry and stopping when you are full will help your body balance its energy needs and stay comfortable. Ask yourself: “Am I eating because I'm hungry, or because I'm stressed or bored?”
- Try to include some fiber rich foods such as whole grains, vegetables and fruits so you feel comfortably full.

5. DITCH DIETING!

- All foods can be part of healthy eating when eaten in moderation.
- You do not need to buy low carb, fat-free or diet foods. These foods are not necessarily lower in calories- they usually have lots of other added ingredients to replace the carbs or fat.
- You are more important than your weight or body size! Your health and happiness can be hurt by drastic weight loss plans. If you have not yet reached your adult height, rapid weight loss could interfere with your growth. Instead of trying extreme approaches, focus on making small lifestyle changes that you can stick with for life.

