

take five

Remember, during puberty your body is on the fast track.

To have enough energy, it's important to eat right. Balanced eating helps you look better, feel better, and stay healthier. An unhealthy balance of food can make you feel run-down, makes it hard to concentrate on sports or school, and can cause you to become under or overweight.

Take charge...

- **Eat regular meals and snacks with energy.** Eat a good breakfast, a healthy lunch and dinner—to keep your mind alert and your body pumped. Eating breakfast every day will help you manage your weight and give you energy for the whole day. Healthy snacks, like the ones that follow, give the energy you need to help get you through your day.
- **Start with grains: Eat lots of bread, cereals, rice and pasta.** Look for whole grains and those fortified with vitamins and iron.
- **Use the “5-A-Day” plan for better health: Eat at least five fruit and vegetable servings a day.**
A serving isn't much: $\frac{3}{4}$ cup of 100% fruit juice, a piece of medium sized fruit, $\frac{1}{2}$ cup of chopped vegetables.

Consider taking a multiple vitamin with iron and folate especially if you are female



- **Eat less fat**, especially saturated fat (meat, fried foods, eggs, sweets, pastries, sauces, dressings, chips, and cheese that are high in fat). Drink low-fat milk and choose foods low in saturated fat like chicken, fish, and peanut butter. Fill up on plenty of fruits and vegetables.
- **Eat a variety of foods** to be sure that you get all the vitamins and minerals you need. If you wonder whether you are getting enough vitamins and minerals, ask your doctor or parent.

Fill up on plenty of fruits and vegetables.



pumping iron

Ever wish you had more energy?

What you eat does make a difference in how you feel. Teens who increase their iron intake have more energy, improved mood, and a greater ability to concentrate. Iron also improves physical endurance and helps you stay healthy by increasing resistance to infections.

Getting enough iron during adolescence is especially important for girls because puberty and menstruation both increase the body's need for iron. Three out of ten girls do not get enough iron from the food they eat. Consider taking a multiple vitamin with iron and folate.

Getting more iron is easy. Lots of good-tasting foods are great sources of iron: meats, whole grains, dark green vegetables, dried beans, and iron-fortified cereals and breads.



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Did you know?

Foods rich in vitamin C help your body to use iron. Citrus foods and juices (like orange or grapefruit), strawberries, tomatoes, potatoes, and broccoli are all good sources of vitamin C. Try adding some strawberries to your cereal or adding tomatoes to a sandwich.