

Tips for TEENS on NUTRITION for GOOD HEALTH



Healthy eating helps keep your body strong, full of energy and working at its best. It means eating a variety of foods from the five food groups every day:

- Fruit
- Vegetables
- Bread and cereals
- Meat and meat alternatives
- Dairy foods

It is a good idea to learn about the five food groups, so you know which foods fit into which food group and how much of each you should be eating. Your snacks should also come from these groups. Stay away from junk food on a daily basis.

Tips for **HEALTHY** eating

- Eat 3 meals each day – breakfast, lunch and dinner – and have healthy snacks in between, like during the morning and afternoon.
- Go slow on the sugary and fatty foods, like candy, soft drink, chips and fried foods.
- Drink plenty of water throughout the day. Try to get in at least 8 glasses per day.

Avoid **DIETING**

All foods can be part of healthy eating – you just need to eat them in the right amounts. You should eat fruits, vegetables and dairy foods every day but put sugary and fatty foods in the 'occasional' basket.



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