

Teens: Don't Be Fooled!

Learn the Facts About
Food and Fitness



As a teen, you can make decisions about a lot of things in your life – like what clothes to wear and how to spend your free time. You can also make decisions about your health. Even though you have a lot going on with school, relationships and future goals, it's important to also take care of your body and mind. Pay attention to what you eat and drink, how much sleep you get and how physically active you are. All of these things affect how you feel now and in the future.

Inside this guide, you'll learn about the unhealthy influences around you and get tips on how to make healthy choices and educate others.

Remember, it is not about the size or shape of your body. It's about keeping your body and mind healthy and strong. **You have the power** to do this.



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1. Learn the Truth About Food and Beverage Ads

- On average, you see more than **16 food ads on TV per day**. Many of these ads are for sugary drinks as well as high-sugar cereals, fast-food and other restaurants and candy. *Don't see baby carrots on this list, do you?*
- Fast-food restaurants spend **billions of dollars** and beverage corporations spend **hundreds of millions of dollars** to get you to buy their products.
- **Companies advertise** where you spend time: on the Internet, on the train, on your phones and even in your school. They use **celebrities** and **cartoons** to make their ads entertaining.
- Stores, food trucks and vending machines sell sugary drinks and unhealthy snacks at low prices, making it easier to buy unhealthy foods than ever before.

Choosing healthy foods may seem hard when the food and beverage industry targets you with unhealthy options. Now that you are aware, you can make healthy changes and use social media to share your story.

Like it. Share it. Tweet it.



2. Avoid Sugary Drinks



One 20-ounce bottle of soda can have 16 teaspoons of sugar. **Just drinking five of these sodas per week adds up to 4,160 packets of sugar per year!**

Extra sugar means extra calories without any of the good stuff, like vitamins, minerals and fiber your body needs to grow, work and play. Eating too much sugar can also rot your teeth and put you at risk for diseases, including type 2 diabetes and heart disease.

- Sweetened teas, energy, sports, and juice drinks also have a lot of added sugar.
- Diet soda has fewer calories and added sugars than sugary drinks, but contains artificial sweeteners. It's unclear how these sweeteners affect your health in the long-term.
- Drink **water** instead of sugary drinks. NYC tap water is free, safe and delicious.
 - On the go, carry it in a reusable water bottle.
 - Add fruit slices or a splash of 100% fruit juice for flavor.
 - Try seltzer if you want a carbonated drink.
- Blended coffee drinks, smoothies, milkshakes and hot chocolate are drinks that are also high in calories.

- Sugary drinks are bad for your health and your wallet. When is the last time you spent \$4 on glass of water? Tap water is free and delicious.
- If you have to drink sugary drinks, drink them less often and in small sizes.

Like it. Share it. Tweet it.



Use social media to share your favorite healthy drinks. Take a photo of a healthy beverage and post why you chose to drink it. Talk to your parents or guardians about buying healthy beverages to keep at home.

Calories are energy that fuel your body; taking in too many can lead to weight gain and obesity. But, not all calories are equal! Choose foods and drinks that give your body what it needs: vitamins, minerals and fiber. Whole foods like fruits, vegetables, beans, nuts and whole grains are all great choices.



3. Make Great Food Choices

Build a Healthier Plate

Just one large fast-food meal can have 1,500 calories. That's almost 75 percent of your calorie needs for the whole day! Instead:

- Cut down on fast food.
 - Eat fruits or veggies for snacks.
 - Suggest your family eat at restaurants with healthy options.
- When your parents or guardians go shopping, go along and help choose healthy foods.
 - Buy more fresh fruits and vegetables instead of packaged or processed foods.
 - Switch to low-fat (1% or less) unflavored dairy products.
 - Choose whole grains like whole-wheat bread and pasta, brown rice or oatmeal.
- Read labels when buying snacks in a package. Choose options with less sugar, sodium and fat.



Nutrition Facts	
Serving Size 1 Servings Per Container 1	
Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Sugar 3g	
Protein 4g	8%

*Percent Daily Values are based on a 2,000 calorie diet.

Eat Out the Healthy Way

- Read the calorie information and sodium-warning icons posted on chain-restaurant menus and choose options that are low in calories and sodium.
- If there are several sizes available, order the small or regular size.
- Avoid high-calorie toppings (like mayo and cheese) or order them on the side and add just a little.
- Order salads (with dressing on the side) instead of fries when you can.

FORGOT TO BRING LUNCH?
All NYC public school students
now eat for free at school!
Visit schoolfoodnyc.org to see
what's on tomorrow's menu.



Like it. Share it. Tweet it.



Use social media to share healthy recipes and tips. Tag restaurants that serve healthy food.

If you're hungry and want something fast, try these quick, easy and healthy recipes. Cook at home more, with your family or, if you're allowed, by yourself.

QUICK SNACK WRAPS

1. Start with a whole-wheat tortilla.
2. Add a protein (for example, peanut butter or hummus, sliced chicken, beans, low-fat cheese or canned tuna).
3. Add sliced fruit or veggies (for example, bananas, apples, lettuce or tomatoes).
4. Get creative. Add mashed avocado, salsa or hot sauce.
5. Roll it up and enjoy!



FLAVOR-INFUSED WATER:

1. Start with a pitcher of cold tap water.
2. Slice your favorite fruits or vegetables.
3. Add your fruit to the water and shake or let sit for at least 30 minutes. Don't add sugar.
4. Enjoy!



FRUIT SMOOTHIE THE HEALTHY WAY:

1. Add to blender:
 - 1 banana
 - 1 cup of your favorite frozen fruit
 - $\frac{3}{4}$ cup low-fat plain milk
 - 1 cup low-fat plain yogurt
2. Blend until smooth.
3. Enjoy!



4. Get the Right Amount of Sleep

You need about eight to 10 hours of sleep each night. Getting enough sleep can reduce your cravings for unhealthy foods, help you manage stress, and help you concentrate in and out of school.

- Set yourself up for sleep:
 - Keep electronics such as cell phones, TVs, tablets and video game consoles, out of the bedroom.
 - Keep the bedroom quiet, dark and comfortable.
 - Use an alarm clock instead of your phone.
 - Avoid caffeinated or energy beverages. Many sodas, teas and blended coffee drinks have caffeine!



Like it. Share it. Tweet it.



Use social media to share tips on getting a good night's sleep. Sharing your healthy habits can help other people stay healthy too.

5. Limit Screen Time and Get Moving

Being connected to other people, watching your favorite show or looking something up are important and fun. However, spending too much time on devices can get in the way of being active and connecting in real life.

- Limit screen time to no more than two hours a day.
- Instead of just sitting, do a set of push-ups or sit-ups during commercials while watching TV.



Simple Activities You Can Do

- Get off the bus or subway one stop early and walk the rest of the way. Take the stairs when you can.
- Use your phone to exercise! Listen to music and download a fitness app or game to get moving.
- Get friends together to play sports, bike, run or walk. Check out [Shape Up NYC](#) for free, drop-in fitness classes near you that are open to teens.
- Start or join a fitness club at your school to stay active during free periods.
- If you have a dog, volunteer to walk it.



Like it. Share it. Tweet it.



Use social media to get friends and family excited about exercise. Suggest ways to exercise together.

Six Habits to Keep You Healthy

1. Be aware of unhealthy food and drink ads around you.
2. Drink water instead of sugary drinks. NYC tap water is free, safe and delicious.
3. Spend less than two hours a day in front of screens.
4. Help your family choose fruits, vegetables and whole grains instead of packaged or processed foods. Cook at home more, with your family or, if you're allowed, by yourself.
5. Get eight to 10 hours of sleep a night.
6. Move more! Make it fun!



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