



# Fuel for the Teen Machine

## Busy, Busy, Busy...

Between school, homework, after-school activities, friends, family, and chores, who has time to think of what is good to eat? And having the energy for all of those tasks requires good food choices. Do you have the right information to help guide you towards healthy food choices?

There are so many new products on the supermarket shelves. There are endless books, websites, fads, magazines, and

information to confuse even the experts. How do you know what's right for you?

Let's start with the basics. The new Food Guide Pyramid from the USDA is a great resource.

Check out [www.mypyramid.gov](http://www.mypyramid.gov)

Click on My Pyramid Plan. It is customized just for you! Your age, gender, height, weight, and activity level are calculated together to find your optimal calorie level for your best performance each

day!

While your there check out the My Pyramid Blast Off game, where you can find out how all the food groups work together to give you the energy you need each day.

Remember balance, variety, and everything moderation!



## Involved in Sports? You Need Special Energy!

When involved in sports, you need a balanced combination of carbohydrates, protein, and healthy fats to sustain energy throughout practice and events.

Remember adequate fluids, especially water. Sports drinks are often loaded with sugar and other non-essential nutrients,

they are best reserved for hot days, or sporting events, where the excess calories can be of benefit.

Also, sports bars often contain up to 200 calories and other non-essential ingredients. They are not necessary for pre-performance fuel. You are better

off with a half of a sandwich and a piece of fruit.

A balance diet is key for great sports performance! And remember to snack smart throughout the day. Need help planning or snack ideas? Call Point Nutrition for more information.

# WHAT COLOR IS YOUR MENU?

## Try This!

### Black-White Fruit Smoothie - Serves 4

2 cups each of vanilla fat-free yogurt, and frozen strawberries, or other favorite fruit.

2 non-fat chocolate cookies or brownies

1/4 cup low-fat or fat-free milk

Combine all ingredients in blender or food processor and pulse until pureed.

Serve immediately.

W B L U E B E R R I E S X S M  
 A S E I R R E B K C A L B T A  
 T N A L P G G E X O T A M O T  
 E I L O C C O R B N V J F R E  
 R E D B E A N S N I S I A R P  
 M A N G O S P I N A C H Z A U  
 E B L S T E E B Q N Y P G C O  
 L Z E P L V E A L T E E W S L  
 O M E A O I S E O T A T O P A  
 N U K S E H C A E P L U M S T  
 O S S O S C H E R R I E S Y N  
 N T S E R A R G E L P R U P A  
 I A A R E E G N A R O U X Z C  
 O R E S E I R R E B W A R T S  
 N D P I B Q K Z P C I L R A G

<u>Red</u>	<u>Green</u>	<u>Orange</u>	<u>Purple/Blue</u>	<u>White</u>
Beets	Broccoli	Cantaloupe	Blackberries	Chives
Cherries	Kale	Carrots	Blueberries	Garlic
Red Beans	Mustard	Mangos	Eggplant	Leeks
Strawberries	Peas	Orange	Purple Grapes	Onion
Tomato		Peaches	Plums	
Watermelon		Sweet Potatoes	Raisons	

## For Parents

Parents still have a considerable influence on their children's eating patterns. Studies show that parents who have good eating behaviors, have kids who model the same behaviors throughout their life.

Kids and teens who eat meals with their families on a more frequent basis are also more likely to have higher intakes of key vitamins and minerals as

well as fiber, calcium, folate and iron.

Note that parents are also a key to nutrition education for their kids. Involve kids in the kitchen, at the store and when planning meals. The more input they have, the more likely they are to eat what is served, and snack on less nutritious fare.

For help planning meals or grocery shopping, call Point Nutrition for more information.



Services Available at the Stevens Point Area YMCA

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Good Nutrition, Healthy Lifestyle, Get the Point!