

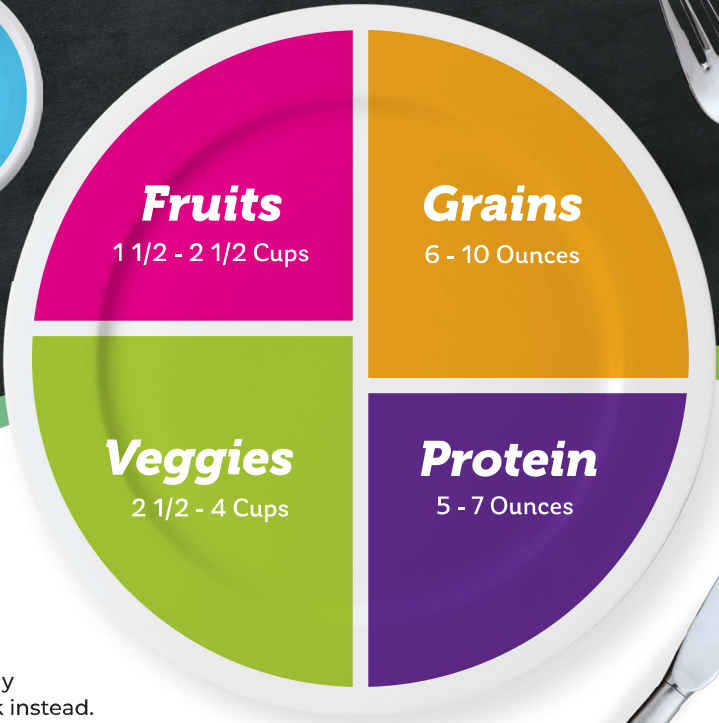
13+ YEARS OLD

# Nutrition For Active Teens!

Teenage years are marked by **rapid bone, height and muscle growth**, along with a natural increase in overall weight – all of which are a normal and healthy part of growing up. Focusing on **balanced meals and snacks** is important to support this transformative period and to have the fuel to stay active!



**Dairy**  
3 Cups



## Up Your Hydration Game

### Stay Hydrated, Stay Healthy


Hydrate with water and nutrient-rich, electrolyte-packed milk!

### Limit Added Sugars

Limit sugar-sweetened beverages like soda, fruit drinks and sweetened tea.

### Control your Caffeine

It's best to skip the buzz and sugar rush of high caffeine beverages like coffee and energy drinks, and opt for water or milk instead.




### Dairy

**Strong Bones**  
Dairy provides more bone-building nutrients than **any other food group**.

**Boost Your Brain**  
Dairy is a great source of **key nutrients** to help you stay mentally focused and sharp!

**Stomach Upset?**  
If you're sensitive to lactose, try these easy-to-digest choices:


- Lactose-free milk
- Yogurt
- Cheddar or string cheese



### Fruits

**Energy & Immune Support**  
Fruits provide **natural, healthy energy** for active bodies and are packed with immune-boosting nutrients like Vitamin C.


**Fresh & Frozen**  
Fresh and frozen fruits are great choices for packing in nutrition **without added sugar**. Limit 100% fruit juice to ½ cup or 4 ounces daily.



### Grains

**Fill Up on Fiber**  
Fiber from whole grains supports a **healthy heart and gut**.

**Whole Grain Goodness**  
Choose **whole grains** most often, like oatmeal and 100% whole grain breads and cereals.




### Veggies

**Color Counts!**  
Different colors of vegetables are **packed with unique nutrients** to help teens stay healthy.

**Focus on Flavor**  
Try veggies prepared in variety of ways:

- Add to a mixed dish
- Grill with protein
- Serve with dips or sauce



### Protein

**Protein Power!**  
Protein foods help to build and maintain muscles to help you become stronger, faster and healthier.

**Think Lean**  
Choose lean, low-fat sources of protein:

- Chicken
- Fish
- Beans
- Tofu
- Lean beef
- Eggs
- Dairy foods

Information follows USDA Dietary Guidelines for Americans and HHS Physical Activity Guidelines for Americans. Consult with a Provider or Dietitian for your child's specific calorie needs. Developed in partnership with the Oregon Dairy Council, Washington Dairy Council and Unbottled.



# On-the-Go Snack Options for Active Teens

Maintaining **high energy levels** and **intentional focus** is key as teens navigate through busy days. Snacks that are delicious and nutritionally balanced can make a big difference. A combination of protein, carbohydrates and healthy fat can support growth, aid muscle recovery and keep you full and satisfied throughout the day. Here are eight snack options that are perfect for an active day:



Apple slices and peanut butter



Nuts and dried fruit



Yogurt with granola



Hummus and pretzels



Cheese and whole grain crackers



Turkey and cheese roll ups



Homemade muffins



Milk and cereal



Fruit and yogurt smoothie



Peanut butter and banana

## Balancing Nutrition for Vegetarian Teens

There are several key nutrients to consider for teens seeking to follow a well-rounded, nutritionally balanced vegetarian diet. The following food choices can help you stay active and fit on a plant-forward diet:

### Protein

- Beans, lentils, legumes
- Tofu, tempeh, edamame
- Nuts and seeds
- Milk, cheese, yogurt
- Eggs

### Iron and Zinc

- Dark leafy-green veggies
- Fortified cereals
- Nuts and seeds
- Beans and lentils

### Vitamin B12

- Milk, cheese, yogurt
- Fortified nutritional yeast
- Fortified cereals
- Fortified soy products

### Calcium

- Milk, cheese, yogurt
- Kale and broccoli
- Fortified products
- Tofu



## Physical Activity Guidelines

The American Academy of Pediatrics recommends that teens engage in at least 60 minutes of physical activity daily, tailored to their age, interests and intensity. This includes:

### Daily Moderate or Vigorous Aerobic Activity

Examples include taking a brisk walk, riding a bike, swimming and participating in sports like baseball or soccer.

### Vigorous Activities Three Times Weekly

Examples include jumping rope, sprinting, basketball, dancing or martial arts.

### Muscle-Strengthening Activities Three Times Weekly

Examples include climbing, gymnastics, yoga or weightlifting.

### Bone-Strengthening Activities Three Times Weekly

Examples include resistance-style exercise like weightlifting, push-ups, squats and yoga.