

Teen Nutrition

1. Healthy eating is good for you because it gives you more energy, worth the effort, it helps you _____ better in school, and you have a better body.
2. In the food pyramid you are supposed to eat more fruits, vegetables, and _____ than eating dairy products, Meats/proteins, fats, and sweets.
3. People should try and eat in the same proportions as in the _____ pyramid.
4. A good rule of thumb is the _____ principle, 8 times out of 10 or 80% of the time, you should choose from the _____ parts of the pyramid.
5. The USDA recommends 5 servings of fruit and _____ a day and no more than 2 times out of 10 or 20% of the time should you choose foods that are high in fat or sugar.
6. Proteins and carbohydrates in the wide part of the pyramid have 4 calories per gram, however fats have ___ calories per gram, more than double that of proteins and carbohydrates.
7. Too many calories means extra fat body and extra body fat can lead to all kinds of _____ problems.
8. Simply put, to lose _____ you have to burn more calories than you eat. To maintain your weight you have to balance you calories with exercise and to gain weight you have to eat more calories than you burn.
9. One trick to eating better and keeping your weight in check is to know more about the food you are eating, and one way to do that is to look at the _____ labels.
10. When it comes to sugar in 80/20 rule you should limit food, where _____ is one of the _____ five ingredients on the label especially if you're trying to maintain a healthy body weight.
11. Next take a look at _____, each day we need twenty four hundred milligrams or less if food contains more than five _____ milligrams then it is a high sodium food.
12. People can actually eat larger portions if the food is high in _____ and low in fat.

Teen Nutrition

13. Remembering all the details on the labels on the back, it can be a little overwhelming so I try to keep it simple _____ it's a simple way to remember good nutrition and healthy weight habits.
- a. F stands for _____ the nutrition values by reading package labels it's hard to put the right things to your body if you don't know what you're eating.
 - b. A stands for a high fiber food and _____ high-fat high-sugar foods most the time.
 - c. T is a reminder to take _____ to exercise and move your body try something new or kick it up a notch if you use a walking try running if you always lift weights, try something aerobic.
 - d. S is for _____ to new habits instead of old unhealthy ones that can mean snacking on fruit is set up a candy bar or nuts instead of chips or keeping healthy choices in the fridge so the easy to grab eat.
14. Snacking too much is a big reason that people gain weight and most people snack because they waited _____ long to eat.
15. Planning can help teens to _____ themselves and prevent bad food choices or habits and create new healthy ones.
16. _____ is an acronym for breaking old habits and starting new good ones.
- a. P is for _____ risky or tricky situations such as after school snacking or eating right before you go to bed.
 - b. L is for _____ alternatives, these things to do other eating, like a swim biking are going to the gym take the dog for a walk join a sports team club or meet friends are listening music.
 - c. A is for _____ alternative this means actually doing what's on your alternative list, don't just talk about going to the gym go there and maybe get someone to go with you.
 - d. N stands for a _____ habit, it may take a while to get used to it but you can get into the habit of reaching for an apple or making a smoothie when you need a quick snack.

Teen Nutrition

17. Regular exercise and being physically activities _____ calories which helps to achieve and maintain a healthy _____ weight this also build muscle and increases metabolism which helps to burn more calories.
18. Good nutrition for teens begins by knowing and following the food _____
19. Eat more from the _____ end of the pyramid, mostly fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products.
20. _____ include lean meat, poultry, fish, beans, eggs and nuts and eat minimal amounts of fat, salt, and added sugars.
21. Follow the 80/20 rule, eighty percent of the time _____ foods from the wide pyramid _____ food which is high in fat sugar 20 percent at the time.
22. Balance your food intake with your _____ level to get to and maintain a healthy body weight.
23. Read nutritional _____ and try to get most of your food per day from food that is not highly _____ and is lower fat and higher fiber.
24. Find the nutritional _____ in food at higher fiber foods and avoid high-fat high-sugar foods in your diet.
25. Take time to _____ and substitute healthy food habits and said old unhealthy ones.
26. Eat before you're _____ you can make good food choices and replace any bad habits with good ones by making a plan which includes exercise.