

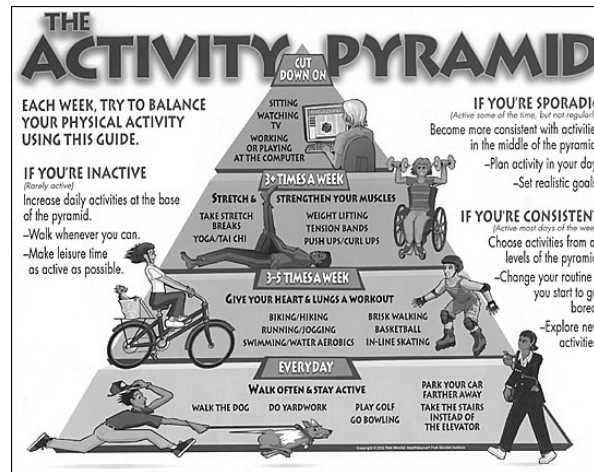
Healthy Snack Ideas

Choose snacks high in carbohydrates (whole grain is best) and low in fat.

- Low-fat yogurt or drinkable yogurt
- Whole grain bread
- Bagel
- English muffin
- Low-fat, whole grain crackers
- Graham crackers
- Pretzels
- Fresh fruit (bananas are an excellent choice)
- “Trail mix”- dried fruit, nuts, and low-sugar, whole grain cereal
- Peanut butter on apple slices
- Baked potato
- Low-sugar, whole grain cereal with low-fat milk
- Rice cakes
- Fresh vegetables



All these are excellent choices that provide needed energy and nutrients.



- While exercising, it is important to consume 4-6 ounces of water at least every 15 minutes.
- Following exercise or intense physical activity, include protein along with your high carbohydrate snack.
- It is important to NOT skip meals, as it can make you feel dizzy and lack energy. This is especially important if you are participating in any sports activity.
- Making the right choices assures that you will have energy to stay awake not only through classes but also all day long. Your performance on the playing field depends upon what you eat.

Fit & Healthy Kids O.N.E.

This brochure was created in collaboration with North Country Hospital– Occupational Health, Nutrition Services, and Community Health Departments.

For more information, contact North Country Hospital's Community Health office at 334-3290



TEENS ON THE GO!

A Nutrition Guide For Active Teens

Learning to make healthy choices will assure alertness in the classroom, at home, and on the playing fields.

Fit & Healthy Kids O.N.E.

North Country Hospital

★ Choosing Health & Fitness For Life ★ ★

What Keeps You Moving?

1. **Carbohydrates** are the main source of energy, the “spark plugs” for active youth.



***Sources of carbohydrates:** breads (whole grain is best), pasta, rice, cereals, fruits, starchy vegetables (such as potatoes), milk and milk products (such as cheese and yogurt).

2. **Protein** builds and repairs all the tissues in the body. It is most beneficial if consumed after exercise to help repair muscles.

***Sources of protein:** lean meat, poultry, fish, eggs, dry beans and peas, peanut butter, nuts, and seeds.

3. **Fats** are the concentrated source of energy. It is best not to consume fats before exercising, as they are more difficult to digest.

***Sources of fat:** butter, margarine, oil, meat, fish, poultry, cheese, eggs, nuts, and seeds (limit amount of saturated fat).

What is a Serving Size?

Knowing the size of a serving can help you determine your portion or the amount of food you eat at one time.

Here are some examples of what a serving size really looks like.



1/2 cup of pasta or rice = a computer mouse

1 slice of bread = a computer disk

A medium bagel = a hockey puck

A small baked potato = a computer mouse

A cup of salad greens = a baseball

A medium piece of fruit = a baseball

3 ounces of cooked meat, fish, or poultry = a deck of cards

2 tablespoons peanut butter = golf ball

1 ounce of cheese = 4 dice

What About Hydration?

1. **Water**—Important to drink ALL the time. For a change, you can dilute water with 100% fruit juice for flavor. It is recommended to drink 8–8oz glasses of water a day, more if outdoors or active.



2. **Sports Drinks**—Athletes and active people who exercise for more than 90 minutes, may include some sports drinks. These drinks contain water, carbohydrates and electrolytes that are lost while exercising. Keep in mind that sports drinks are usually high in sugar.

3. **Energy Drinks**—are NOT meant for hydration and contain considerable amounts of caffeine and sugar. *Do not confuse these with sports drinks.*

4. **Carbonated Beverages**—Most contain caffeine, which is a diuretic and can cause dehydration. Carbonated beverages should not be consumed to hydrate your body, especially after any physical activity.