

Eating to Fuel Your Mind and Body

For Teens & Young Adults



What is healthy eating?

- Enjoying three meals a day and healthy snacks.
- Including at least 3 of the 4 food groups from Canada’s Food Guide at each meal.
- Eating breakfast! It helps your body and mind wake up.
- Healthy eating is all about balancing the foods you eat. If you make poor food choices at one meal, make healthier choices the next time you eat.

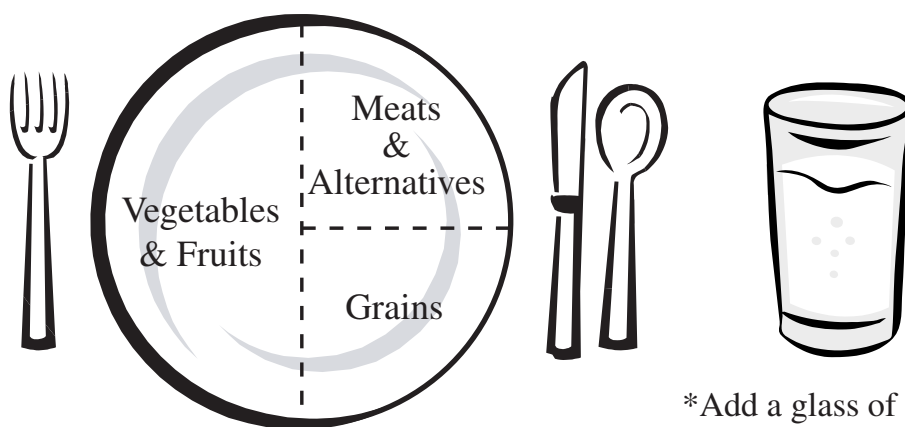
Why is healthy eating important?

- To provide energy for your mind and body, to help maintain a healthy weight, to help prevent getting sick, to provide the nutrients to keep your skin & hair healthy and to feel energized

Canada’s Food Guide – recommended servings per day

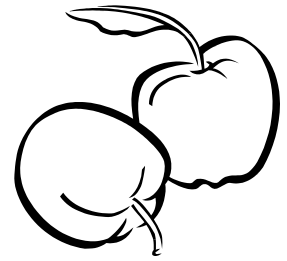
Food group	Samples of one serving	Teens 14-18 years		Adults 19-50 years	
		female	male	female	male
Vegetables & Fruit	1 medium-sized fruit or 125 mL (½ cup) veggies or 250 mL (1 cup) salad	7	8	7-8	8-10
Grain Products	1 slice wholegrain bread or 125 mL (½ cup) of spaghetti, rice or couscous	6	7	6-7	8
Milk & Alternatives	250 mL (1 cup) milk or fortified soy milk or 175 g (¾ cup) of yogurt or 50 g cheese	3-4	3-4	2	2
Meat & Alternatives	75 g meat, fish or poultry (125 mL) or 2 eggs or 175 mL (¾ cup) beans or 60 mL (¼ cup) nuts	2	3	2	3

- Visit the Health Canada website www.healthcanada.ca to create a personalized “My Food Guide” and learn more about healthy eating and active living.



*Add a glass of milk to complete the meal

Special Nutrients



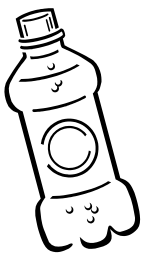
- **Calcium**
 - You need calcium to help your bones grow
 - Half of your bone strength is formed during your teen years
 - Milk & Alternatives (e.g., milk, cheese, yogurt, fortified soy drinks) are a good source of calcium
 - Try the Calcium Calculator to find out whether you are getting enough calcium www.bcdairyfoundation.ca
- **Iron**
 - Females need more iron than males because they lose iron when they menstruate
 - Good sources of iron include meat, fish, poultry, eggs, grain products with added iron, peas, beans, lentils, tofu, and dark green vegetables
- **Folic Acid**
 - Folic acid and other nutrients in a multivitamin supplement help to prevent birth defects that might occur in the very early weeks of pregnancy
 - All females who are sexually active should take a multivitamin containing folic acid every day
 - Good sources of folic acid include whole grain breads and cereals with added folic acid, peas, beans, lentils, oranges and dark green vegetables

Listen to your body

- Eat when you are hungry and stop when your body is satisfied by eating slowly and being aware of your body's signals

Fluids

- Aim for 2 litres or 8 cups a day, more if you are active or if it's hot



- **Water and Milk** – choose more often
- **100% Juice** – limit to 125-250 mL (½-1 cup) per day
- **Sport Drinks** (Gatorade, Powerade, etc.)
 - designed for athletes who are involved in vigorous physical activities that last longer than one hour
- **Pop** = Empty calories (sugar, water and flavour)

Get active!

- Children and youth should aim for 90 minutes of activity throughout the day
- Find activities that you enjoy e.g., walking with friends or your pet, swimming, playing sports, dancing, yoga, walking to school, etc.
- Decrease your screen time, e.g., TV, computer, to have more time for activity



Body Image

- Avoid comparing yourself to others, we come in a variety of sizes
- 50-80% of your body shape and size is determined by your genes
- Avoid “diet thinking” and “fad diets”

Looking for more information?

- HealthLinkBC – www.healthlinkbc.ca, phone 811, easy access to non-emergency health information and services, ask to speak to a dietitian for healthy eating advice
- Vancouver Coastal Health nutrition section – www.vch.ca/nutrition
- Dietitians of Canada – www.dietitians.ca, ideas for healthy meals, snacks and more

For more copies, go online at <http://vch.eduhealth.ca>
or email pthem@vch.ca and quote Catalogue No. **BB.200.F952**
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www.vch.ca