**Sugary Drinks**

Most sugary drinks have 9 teaspoons of sugar per 8 ounce serving.

• How many sugary drinks do you have a day? ________________________________

• What are some ways you could cut back? ________________________________

**Snacks**

Healthy snacks include 2-3 food groups.

• How many snacks do you eat a day? ______________________________________

• Which food groups are included in your snacks? ____________________________

**Sweets**

Sweets are loaded with sugar and calories.

• How many sweets do you eat a day? ______________________________________

• Which sweets do you eat? ______________________________________________

**Vegetables**

Vegetables keep your eyes and skin healthy. Make sure to get 2 ½ cups a day.

• How many vegetables do you eat a day? ________________________________

• Which ones do you like? ______________________________________________

**Dairy**

Dairy builds strong bones. Aim for 3 cups of low-fat or fat-free dairy a day.

• How much dairy do you eat a day? ______________________________________

• Which dairy products do you like? ______________________________________

**Breakfast**

Breakfast is the most important meal of the day.

• Do you eat breakfast every morning? ______________________________________

• If not, how come? ____________________________________________________

**Portion Sizes**

A portion is the amount of food you choose to eat at one time.

• Are your portions bigger than a serving size? ____________________________

• Do you portion out a serving or do you snack out of the bag? ______________
HELPFUL HINTS FOR EATING HEALTHY
Realistic steps for change

Sugary Drinks
• If you drink a lot of soda cut back slowly
• Limit 100% juice to ½ cup a day
• Drink 8 cups of water a day
• Seltzer water comes in lots of flavors - try them all

Snacks
• Crunch on celery sticks with peanut butter
• Try hummus and whole-grain crackers
• Have low-fat string cheese and a handful of grapes

Sweets
• Fruit is nature’s candy, so have an apple or orange
• Try sugar-free pudding or Jell-o
• Make your own popsicles with 100% juice
• Freeze fresh berries for a cool treat

Vegetables
• Add peppers, spinach, or broccoli to your pizza
• Have a side salad with dinner
• Eat a variety of colorful veggies
• Taste 1 new veggie a week
• Try the veggies in the school cafeteria, you might like them

Breakfast
• Have a bowl of cereal with skim milk and a banana
• Make an egg white omelet
• Try a whole-wheat English Muffin with peanut butter
• Grab a Greek yogurt or homemade trail mix

Dairy
• Drink a glass of skim milk with lunch and dinner
• Add fat-free or low-fat shredded cheese to salad
• Try a yogurt parfait with fresh berries
• Have low-fat cottage cheese

Portion Sizes
• Use smaller plates, bowls and cups
• Closed fist = grains
• Open palm = meat/protein
• Fingers spread open = veggies (this should fill ½ your plate)
• When in doubt, keep to ½ cup

Now that you’ve picked the 2-3 areas you want to focus on, write down your steps for healthy eating.
Use the hints from above or add some of your own.
You can track your progress by √ off the actions you complete.

My Steps for Healthy Eating...
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For additional information: http://www.letsmove.gov/ and http://kidshealth.org/teen/