### Konza Prairie Community Health Center

# **Healthy Eating Habits Kids & Teens**

Eating a variety of colorful fruits & vegetables provides vitamins & minerals to feed the growing body



eggplant, grapes, figs, onion, cabbage, blueberries, plums, purple potato, blackberry, raisins, prunes

### Green

bell pepper, apples, broccoli, kale, green bean, kiwi, avocado, asparagus, spinach, peas\*, celery, cucumber, zucchini, lima apples, celery, beans\*

## Red

bell pepper, apple, strawberry, tomato, cherry, beet, watermelon, onion, cranberry, blood orange, rhubarb

## **Orange**

bell pepper, carrot, orange, sweet potato\*, winter squash\*, apricot, mango, peach, pumpkin\*

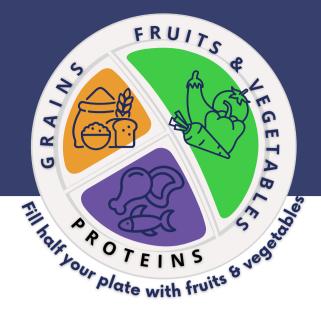
## Yellow

pineapple, bell pepper, pear, banana, squash, corn\*, tomato, grapefruit, lemons, winter/summer squash, star fruit, mango, avocado

\* Eat smaller portions if you have diabetes since they will raise your blood sugars.



Go to MyPlate Plan for personalized eating plans for age, gender, weight, & physical activity





#### Grains-rice, pasta, bread

• Try whole grains like whole wheat breads, brown rice, or oatmeal,



#### Proteins-meats, eggs, beans

 Mix up your proteins & try new foods like seafood, lentils, nuts, or seeds



- Drink or eat low-fat milk products
- Try smoothies, or cottage cheese



#### **Beverages**

- Drink water
- Add fruit or vegetables to water for improve taste
- Limit juice, soda, sports & energy drinks



- **Q** 785-238-4711 x. 7001
- dietitians@kpchc.org
- www.kpchc.org
- Specializing in:
  - Weight management
- Meal Planning
- - Diabetes/Prediabetes Adult + Teens + Children



Staying active is important & promotes health. Active kids & teens have stronger bones, lower body fat, improved academic performance & reduced depression. Being active can prevent future health problems.

3 - 5 years Active for several hours during the day for growth & development Parents encourage activity & movement when playing



#### Ideas:

Hop, skip, jump, catch a ball, somersault, playing at playground, dancing, riding tricycle/bicycle, swimming, running, & chasing

6-17 years

#### **Aerobic activity:**

- 60 minutes
- 3 days/week

Any movement to increase the heartrate



#### Muscle building:

- 30 minutes
- 3 days/week
  Climbing, weight
  training, pushups



#### Bone building:

30 minutes3 days/week

Jumping, running, climbing stairs

Student Athletes:

Athletes must stay hydrated, & water is fine in most cases. Save sports drinks for exercise lasting longer than 1 hour, experiencing excessive sweating, or during a very hot & humid day. Offer athletes fruit & vegetables to stay hydrated-grapes, oranges, pineapple, strawberries, watermelon, cucumbers, celery, or bell peppers.

Sports Drinks:

These drinks contain a lot of sugar and are meant only for vigorous activity to help recover. They may cause weight gain & tooth decay if consumed too often.

## **Start Healthy Habits Now**



## **Ensure Adequate Sleep**

Children & teens need more sleep than adults. Set routine bed times & limit screen time 1 hour before bed.



### Develop Healthy Eating

Eat fruits & vegetables often. Limit high sugar, salt, & fat snacks. Offer water instead of soda or juice.



#### Reduce Screen Time

Less screen allows more time for activity, improves sleep, & reduces desire for unhealthy snacks.



#### Be Active

Be active 60-90 minutes/day to burn extra energy. Activity improves sleep & reduces stress.

