

# Healthy Eating Habits for Kids & Teens



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

## Purple Blue

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



### Dairy-milk, cheese, yogurt

- 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

## Contact a Dietitian Today



785-238-4711 x. 7001

dietitians@kpchc.org

www.kpchc.org

Specializing in:

- Weight management
- Meal Planning
- Diabetes/Prediabetes
- Adult + Teens + Children



# Physical Activity

## 60 minutes a day

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 minutes
- 3 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.



Call today - we are here to help | 785-238-4711 x. 7001