

HEALTHY EATING & SNACKING TIPS

✓ Check out the **FOOD LABEL** so you know what you are eating!

How many servings are you eating?

How many calories are you eating?

Get **ENOUGH** vitamins and minerals!
*5% or less is low
*20% or more is high for 1 serving

Nutrition Facts	
Serving Size: 1/4 Recipe (188g)	
Servings Per Recipe: 4	
Amount Per Serving	
Calories 199	Cal. from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 1g	4%
Cholesterol 0mg	0%
Sodium 245mg	10%
Total Carbohydrate 31g	10%
Dietary Fiber 8g	35%
Sugars 0g	
Protein 10g	
Vitamin A 75%	Vitamin C 40%
Calcium 10%	Iron 20%
*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Get **LESS** saturated fat!
*5% or less is low
*20% or more is high for 1 serving

Use the % daily value (DV) to select foods high in fiber, vitamins and minerals (calcium and iron) and low in fats, cholesterol and sodium.

- ✓ Before you snack or eat, think about if you're *really* hungry. **If you're not, hold off!**
- ✓ Take your time when you eat. Wait 15-20 minutes before eating second helpings. It takes about 15-20 minutes for your stomach to tell your brain that you are full.
- ✓ Switch to whole grain bread, cereal, pasta, and rice instead of white bread, white rice, and sugar cereal.
- ✓ Cut back on soda, sports drinks, and juice. Instead try water (eight glasses a day), flavored water, natural tea, lowfat/nonfat milk, and diet soda (if you must have soda!).
- ✓ Fill up half of your plate with salad or vegetables.
- ✓ Try fruit for snacks and dessert instead of candy and cookies. If you are going to have sugary foods, sweets, desserts, or candy, eat only a small serving at the end of the meal or share a portion with someone else.



WHAT ABOUT FAST-FOOD RESTAURANTS?

Fast foods can be okay, but watch out for portion sizes, how they're made (baked, grilled, fried, etc.) and toppings.

WHAT ABOUT SNACKS?

There are a lot of healthy snacks, just remember to pay attention to serving sizes!

- ▶ A handful of pretzels
- ▶ A handful of dried fruit
- ▶ Frozen 100% juice bars
- ▶ Microwave low fat popcorn
- ▶ Cut up vegetables - plain or with low fat dressing
- ▶ Low sugar cereal (plain or with low/nonfat milk)
- ▶ Fruit (fresh, frozen, or canned in juice/light syrup)
- ▶ Low fat or nonfat yogurt or cottage cheese
- ▶ Rice cakes
- ▶ Cup of soup
- ▶ Nuts/trail mix
- ▶ Half a sandwich

Can you believe the difference in the calories?*

Instead of ...	Calories	Go for ...	Calories
Big Mac	590	A regular hamburger	310
Whopper	760		
Quarterpounder	530		
Large fries	520	Small fries (or share a large size with a friend!)	220
Large shakes (32 oz.)	1120	Small shakes (12 oz.)	430
Large sodas (32 oz.)	310	Small sodas (12 oz.)	110
Fried/fillet chicken sandwich or nuggets	510	Grilled chicken sandwich	400
Hamburger with secret sauce, cheese, and mayo	530	Hamburger with lettuce, tomato, ketchup, and mustard	400
One slice of deep dish pizza with pepperoni	275	One slice of thin crust pizza with veggies	142
Small french fries	220	Side salad with light dressing	70

* Calories measure the amount of energy your body gets from food. You need energy to be physically active and for your body to grow and function. The current daily recommended teen calorie levels are: 2500 for males 11-14 years, 3000 for males 15-18, and 2200 for females 11-18.