

Snacking and Fast Food for Teens

SNACKS

Healthy snacks can help you get enough of the foods and nutrients your body needs each day.

Healthy snack choices include:

- Pretzels and popcorn
- Carrots, tomatoes, bell peppers, celery
- Raisins, whole fruits, frozen fruit juice bar
- Cheese, low-fat yogurt, frozen yogurt, low-fat milk
- Lean turkey, hard boiled egg, bag of peanuts in the shell

Tips for healthy snacking:

- Read labels on snack package to see how many servings are in one package.
- Stop eating when you feel full.
- Share snacks with a friend.
- Place your snack on a plate or napkin, sit down and enjoy your snack.
- Take small bites and chew slowly.
- Avoid watching television while snacking. This way, you can pay attention to your food and listen to your body.
- If you choose to eat high fat or sugary snacks, eat them less often

FAST FOOD

Fast food meals and snacks tend to be high in fat, calories, and salt – and low in fiber, calcium and other nutrients. Fast food servings also tend to be too large. Eating too many high fat foods is not healthy for anyone.

Healthy fast food choices include:

- Drink water instead of soda or sweet tea.
- If you choose soda, choose the small size.
- Drink low-fat milk.
- Choose grilled chicken sandwiches, not fried.
- Add tomato, lettuce and other vegetables to your sandwich.
- Have a plain baked potato or salad with light dressing instead of fries or onion rings.
- Choose pizza without meats or extra cheese.
- Add vegetables to your pizza like mushrooms, peppers and tomatoes.
- Order regular size burgers, burritos, tacos and fries — not super sized.
- Skip the bacon, sour cream, guacamole, mayonnaise and tartar sauce.
- Use low-fat sauces, such as ketchup, barbecue sauce or mustard.