Why?

There are many changes happening in your body. Developing healthy habits will help you as you grow.

Make healthy food choices and take time to be physically active every day.

This will help to:
• improve the quality of your skin, hair and nails
• improve learning and
• provide your body with energy

HOW?

1. Cut back on sweets, sugary drinks and desserts.
   • Snack on fruits instead of cakes, candies and other sweets
   • Drink more water instead of sugary drinks. This will help to maintain a healthy weight.

2. Eat a variety of foods each day. Use the six food groups as a guide.

3. Eat less fried and salty foods e.g. fried chicken, chips.

4. Read nutrition facts panel. Knowing the nutrition content of foods helps in making informed choices.

5. Teen girls require foods rich in iron; so choose foods such as meat, peas and beans, dark green leafy vegetables.

Include fruits such as oranges and cherries to help your body to use these iron rich foods.

6. Brighten your plate with a variety of vegetables.
7. Build strong bones. Choose foods rich in calcium, vitamin D and phosphorus.
These can be found in foods such as low fat milk, cheeses and yoghurt, broccoli, salmon and peas and beans.

8. Take control of your health; eat at home more often.
Choose healthier food preparation methods such as baking, grilling, steaming or roasting.

9. Keep healthy eating fun – try foods you have never tried before.

10. Keep an eye on size – avoid overeating and supersizing. More is not always better.