

# HEALTHY LIFESTYLE AND WELLBEING



# YOUR TEEN YEARS

**Teenagers experience many physical and lifestyle changes. Eating a healthy, varied diet and keeping active is important to maintain good health and wellbeing during this time in.**

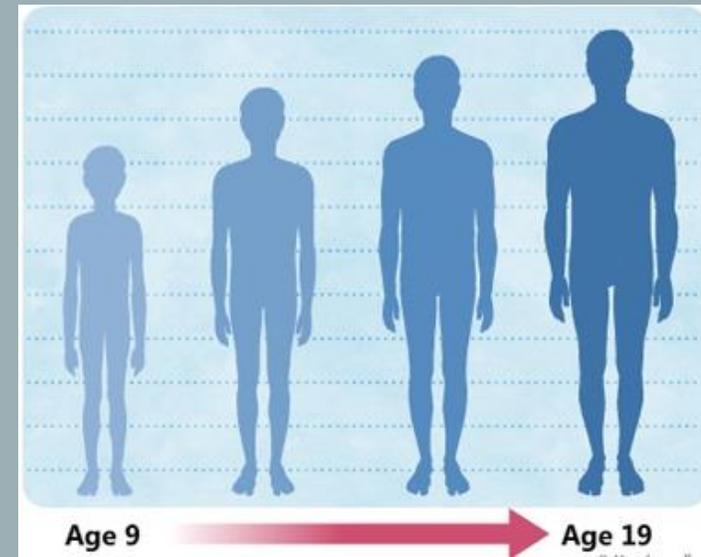
**Healthy eating and good lifestyle habits that can hopefully last a lifetime.**



# GROWTH

**Your teenage years are a time of rapid growth and development so the requirements for vital nutrients is fairly high.**

**Your body will need iron, calcium, vitamins and other minerals to function, repair and grow appropriately.**



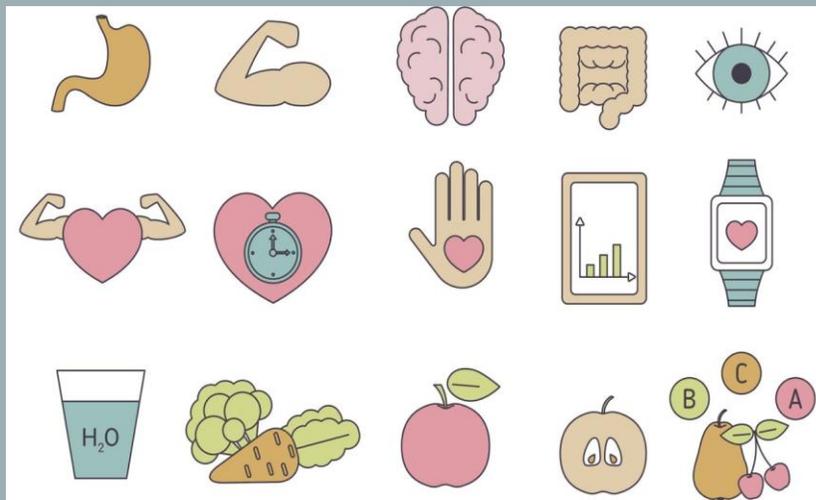
# TEENAGE LIFESTYLE

**Many lifestyle changes take place when you're a teenager.**

**You have more independence and freedom to choose what you want to eat.**

**when and how to use your free time.**

**Making the right choices is crucial.**



# TEENAGE LIFESTYLE

It is important that you don't spend too much time sitting down on your sofa, you need to keep active on a daily basis. Young people should try and do at least 60 minutes of physical activity every day, ranging between moderate (e.g. walking or cycling) and vigorous activity (e.g. running, football, basketball etc.).

3 times a week you should also be doing activities that include exercises for strong muscles and bones, such as push-ups, jumping jacks and running.

Walking or cycling to school counts as one of these activities.

It's also a great time to join a sports or activity club which is a great way to meet new friends and interact with other like minded people.

Routines are very important



# **BEING A HEALTHY WEIGHT**

**With the media promoting the “thin” body ideal, it may be difficult to know what is a healthy weight and how it can be achieved. There may be lots of different ideas for miracle diets but people come in different shapes and sizes, and by eating a healthy, varied diet and staying physically active, your weight should stay healthy.**

**If you are concerned about your weight and whether you are healthy or not then why not speak to the school nurse, GP, parents or a member of staff.**

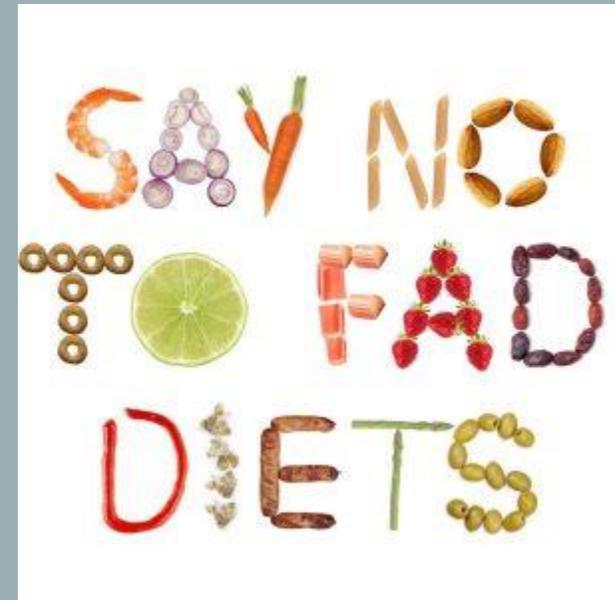


# FAD DIETS

If you are worried about your weight, don't be tempted to follow one of the popular 'fad' or 'crash' diets, (diets that seriously limit the amount of food you can eat or ban certain food groups from the diet).

These might lead to weight loss in the short term but these types of diets are hard to maintain and once you start eating the foods again you are likely to put weight back on again.

Eating a varied diet and keeping active will help you maintain a healthy weight.



# THE FOOD PYRAMID FOR TEENAGERS

## The Food Pyramid

For adults, teenagers and children aged five and over

**Not needed for good health.** Foods and drinks high in fat, sugar and salt

**NOT every day**

**!** Maximum once or twice a week

**Needed for good health. Enjoy a variety every day.**

Fats, spreads and oils

In very small amounts

Meat, poultry, fish, eggs, beans and nuts

2 Servings a day

Milk, yogurt and cheese

3 Servings a day  
5 for children age 9-12 and teenagers age 13-18

Wholemeal cereals and breads, potatoes, pasta and rice

3-5\* Servings a day  
Up to 7\* for teenage boys and men age 19-50

Vegetables, salad and fruit

5-7 Servings a day

**\*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice**

	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)		Teenager (13-18)	Adult (19-50)	Adult (51+)
<b>Active</b>					<b>Inactive</b>			
	3-4	4	4-5	3-4		3	3-4	3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Drink at least 8 cups of fluid a day – water is best

**Get Active!**  
To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.

# HEALTHY EATING TIPS

Your teenage years are such an important time for growth and development. A healthy, varied diet is essential to ensure that you receive all the energy and nutrients you need to concentrate well at school and participate in sports and activities.



# HEALTHY EATING TIPS

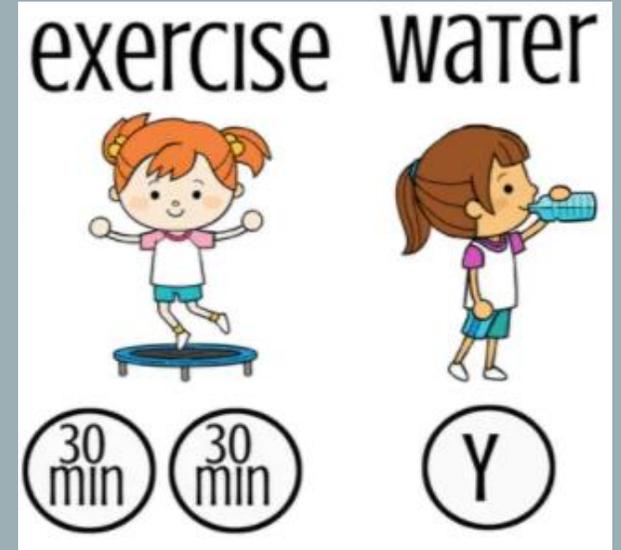
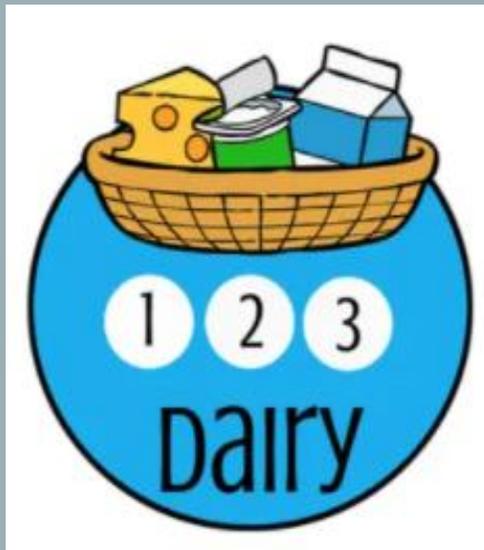
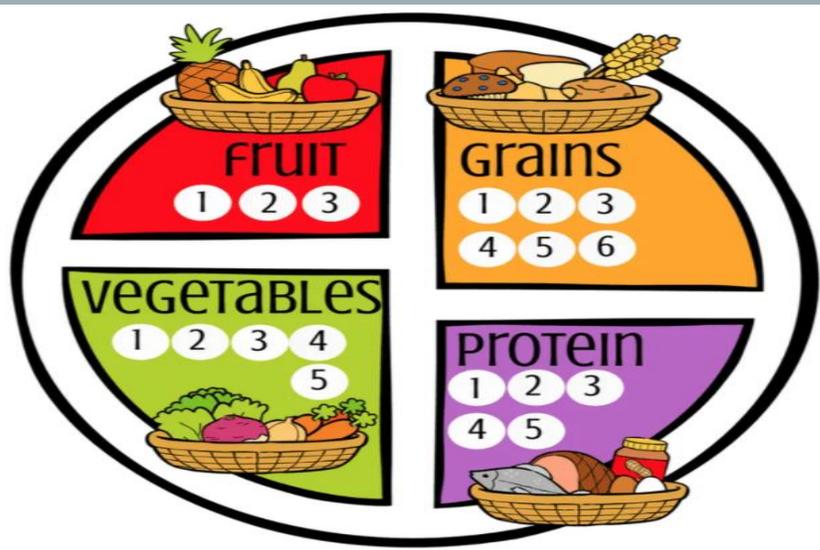
**Don't skip breakfast.**

**Eat three meals a day.**

**Make sure you eat 5 portions of fruit and veg everyday.**

**Boost your iron by eating foods rich in iron.**

**Foods rich in iron are red meat, green vegetables, wholegrains, beans and dried fruits and seeds like figs, raisins, pumpkin seeds and sesame seeds.**



# HEALTHY EATING TIPS

Build up your bones by incorporating calcium rich foods in your diets. Best sources of calcium includes milk, yogurt, cheese, white and brown bread, calcium fortified dairy alternatives if you are vegan or lactose intolerance, calcium fortified cereals, dark green vegetables and fish.

Drink plenty of fluids. Aim for 6-8 glasses everyday. The best sources of fluids are water or sugar free dilute squash. Limit fruit juice to 150ml a day. Try to avoid too many sugars-containing drinks, especially between meals as they could harm your teeth.



# LOOK AFTER YOURSELF BY EATING AND DRINKING HEALTHY

Do not consume energy drinks as they are high in sugar and caffeine. Daily use of energy drinks has been linked to headaches, sleeping problems, irritation and tiredness. Very high consumption of caffeine has also been associated with heart complications and can have a harmful effect on the nervous system.

Limit how much fast food you eat. Cut down on the burgers and chips. Snack sensibly. If you are hungry between meals, go for healthier options such as fruit, low fat yogurts or cereal bars.

