

# A Voice 4 Teens



**Be healthy! Be active! Be happy!**

Includes fun learning activities using the Tampa Bay Times



# What can you do to be healthy?

Here are tips from the experts at All Children's Hospital. Finish the list by adding your own healthy tips.

- 1. Eat a variety of all foods, including fruits, veggies, whole grains, lean protein and low-fat dairy.**
- 2. Never skip meals, and don't forget to start each day with a healthy and delicious breakfast.**
- 3. Eat lots of different colors of fruits and veggies. They are full of vitamins and minerals that keep your body strong.**
- 4. Plan something active every day. Maybe you play a team sport or you like to walk or dance or ride your bike. Try new activities, too.**
- 5. Lead the way! Encourage your friends and family. Speak up and be the healthy example. You will be surprised at who will take notice when you lead by example.**

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# Mad fads



## The truth about fad diets

The diet industry tends to make big promises about quick results. It's no wonder that every year millions of people spend billions of dollars on weight-loss products in attempts to achieve a healthier lifestyle.

When you think about whether a certain diet and exercise plan will fit your lifestyle, consider the promises being made. Try to stay clear of the following claims:

**Rapid weight loss.** Ever heard that slow and steady wins the race? It's true. Making changes that will last a lifetime takes time. It's okay to take small steps to make lasting changes. In fact, it's the recommended approach.

**Limitations.** Isn't it boring to eat the same thing over and over again? Avoid eliminating entire food groups.

**Rigid menus.** It's already hard enough to figure out what to eat. Adding restrictions on your food choices adds a whole new level of complications. Try to figure out if this is something you can do for the rest of your life. If the answer is no, then find an approach that will work for you.

**No exercise needed.** Say what? Regular physical activity is good for everyone at every age. The key is finding exercise you love to do and that works with your lifestyle.

## How about trying things that really work, such as ...

**Adopting healthy eating habits.** Learn about how to eat the best food possible for your body and still fit in some of your favorite treats. Moderation is key.

**Including exercise every day.** Start small and find an activity that you truly enjoy, maybe even with your family or a group of friends. Whatever it is, have fun with it.

**Being open to making changes.** Sometimes this is very challenging. Try to discover what your habits are and whether they are helpful in meeting your personal goals. If not, start making a plan to change the habit.

## Keeping a healthy body image.

Focus on the positives and enjoy your successes. Be proud of your healthy habits!





# A voice for all teens

## Why it is important for teens to get healthy and fit

By Ryleigh A. Long

**I'm 13 years old and I attend middle school.** I struggle with many things such as weight, peer pressure and self image. I've tried many things such as dieting, portion control and exercise: Nothing seems to work. One day I discussed my problem with my mother and grandmother, and they suggested that I speak with my doctor. The doctor advised me to "get serious about what I really wanted." So I did.

I began to realize that certain medical issues existed in my family history, such as diabetes, heart problems and hypertension. My PE teacher explained to me that all of these health issues were somewhat controlled by exercise and diet. Yes, they are part of my family medical history, which makes them hereditary. However, if I really want to live a long time like my great grandmother (she lived until she was 102 years old), then I needed to make some changes to live a long, healthy life.

As a teenager I have choices as to what I want to consume. When I am at home, I can choose oatmeal over a plate of pancakes and at school, I can choose one hot dog instead of two hot dogs. I realized that I don't have to stop eating the things I like, but I have to choose when and at

what time I should eat it.

If I know that I want to eat a slice of pizza, then I know that I need to walk to and from school to burn those calories. I take a multi-vitamin that gives me all of my nutrients every day and

that takes care of the five main food groups in the vitamin. I can even see a change in my skin!

I can add variety to my diet. I love milk! I never knew that there were so many varieties of milk until I went to the grocery store with my mother. There is soy, rice, almond and coconut just to name a few. Some of these milks are great in smoothies and the best part is that they have natural sweeteners in them and that means that you do not need to add sugar. In the morning, I can have a hard-boiled egg and some orange juice and maybe take a peanut butter and jelly sandwich for lunch. Guess what? No more standing in the long lunch line. I can sit and enjoy reading my magazine.

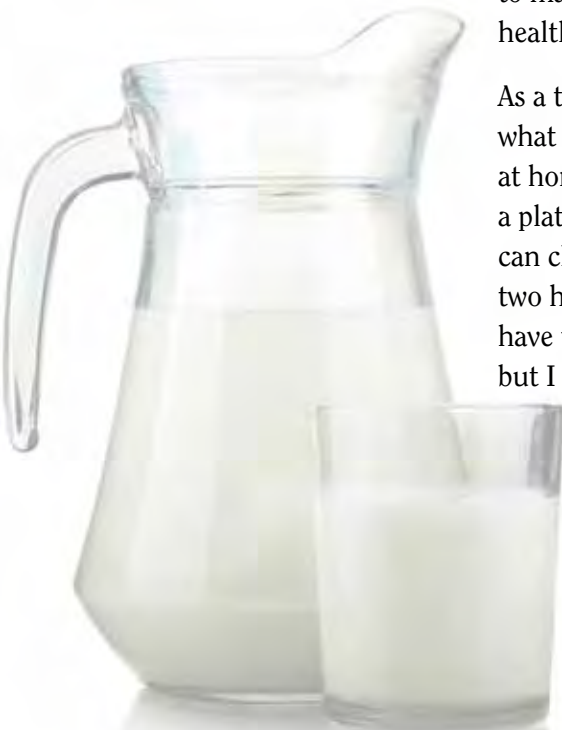
The worst thing you can do is to not eat the things you enjoy. I now understand that doing this will only cause you to get frustrated and eat more. So, I eat the things I enjoy

such as chocolate and later on go to the gym. It doesn't take long to work out, especially if you have a friend or an iPod or bring a magazine with you while you are walking or jogging on the treadmill. I make it fun and I feel great afterward. My mom even comes with me now.

I don't want any medical problems that I can control to stop me from living my life to fullest. I have a great support system – my family. They have adopted this new lifestyle, and I can see that they too are much healthier and happier. I want my mother to be around to see me mature and be in my life for a very long time.

I heard someone say that "life is not a dress rehearsal." At the time that I heard that, I really didn't understand it too much. Now I do. You only get one chance at life and you have to make the most of it. So my advice to other teens, "Get serious about your health and diet. You have control!"

Ryleigh is the winner of the Fit4Allteens Fall 2012 essay contest. She currently attends Oak Grove Middle School in Clearwater. She is a classically trained pianist who performs with a teen symphony orchestra. The staff at All Children's hospital thanks Ryleigh for submitting this winning essay and sharing this important message with all of her peers.



Critical thinking corner

### Think about it

Why does the diet industry tend to make big promises about quick results? Television commercials, radio spots, newspaper ads ... the focus is always on losing weight quickly without any effort. The Purdue Online Writing Lab defines fallacies as "common errors in reasoning that will undermine the logic of your argument. Fallacies can be either illegitimate arguments or irrelevant points, and are often identified because they lack evidence that supports their claim." Research the types of logical fallacies. Then find a television commercial, radio spot or newspaper ad that advertises a diet. Apply your new knowledge to the information in the ad and analyze the points presented. Share your information with your class.



## Chat with the experts

# Breakfast is the most important meal of the day

By Sarah Krieger, MPH, RD, LD/N, Fit4Allkids nutrition educator

**Q: We often hear that “breakfast is the most important meal of the day.” Is this true? And if so, why?**

**A:** There are a few reasons why breakfast is important. First, it improves concentration, prevents headaches and helps you be more productive at school, especially before lunch. This improves school grades. Second, people who eat breakfast are more likely to maintain a healthy weight – both normal-weight people and those who are actively losing weight and then keeping it off. Studies show that most people who skip breakfast (thinking they are saving calories for later in the day) actually eat higher calorie/lower nutrient-rich foods later in the day, which means more calories are consumed in 24 hours.

**Q: What foods/nutrients should be included in a healthy, balanced breakfast? Is there a certain calorie range that we should aim for?**

**A:** Foods with protein and fiber keep you satisfied and focused longer than sugary foods. Both of these keep us satisfied for at least a few hours and give us the energy we need to get going in the morning. Eat to satisfy hunger. In other words, if you can maintain a normal body mass index (BMI) for age and gender, what matters is how much you eat throughout the day rather than counting calories for each meal.

**Q: Are there any foods that we should avoid at breakfast time? Why?**



**A:** Many people are negatively affected by a breakfast high in sugar and fat. A doughnut and soda may give you quick energy, but that usually only lasts an hour or so. Once blood sugar drops, it makes us crave more sugar to get

that energy back. Better to eat foods with protein (eggs, nuts, low-fat cheese, cottage cheese) and fiber (whole-grain cereals, whole fruit, nuts) for longer-lasting energy.

**Q: Is it okay to skip breakfast if I am running late and make it up by eating more after school?**

**A:** What usually happens here? Most people who skip breakfast end up eating more later in the day, and they tend to eat high-fat, high-salt and high-sugar foods. Chips, crackers, cheese, cookies – you get the point. Eating something as simple as a hard-boiled egg and a glass of milk can help keep you full and focused, can prevent weight gain and just may help you lose a few pounds if you are overweight.



## Learning with the Times

### Distorted images

Obesity is an eating disorder. According to Kidshealth.org, “Eating disorders are so common in America that one or two out of every 100 students will struggle with one. Each year, thousands of teens develop eating disorders, or problems with weight, eating or body image.” Do you know people with eating disorders? What can you do if you have a friend with an eating disorder or if you suspect that you may have a problem yourself? Do media images reflect what ordinary people look like? Do these images contribute to eating disorders? Have your teacher split your class into small groups. Discuss these ideas with your group members. Look in the *Tampa Bay Times* for images in advertisements or pictures that glorify thinness or unhealthy body types. With your group, compile a list of movies and television shows that glorify thinness or unhealthy body types. Make a separate list of movies and television shows that celebrate body diversity. Look for ads and photos in the *Times* that celebrate body diversity. Write an editorial based on your findings.

# When you feel good about your body, you feel good about you!

By Pamela Paul, LMHC, Fit4Allkids motivation and family coach



## Be a super star!

Be proud of who you are and what you love to do. Finish the sentences below and post this information on your fridge and/or share with you family and friends.

My favorite activities are \_\_\_\_\_

\_\_\_\_\_

I want to learn how to play \_\_\_\_\_

\_\_\_\_\_

When I grow up, \_\_\_\_\_

\_\_\_\_\_

What I like about my family is \_\_\_\_\_

\_\_\_\_\_

I am talented at \_\_\_\_\_

\_\_\_\_\_

What I like to do for fun is \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



Do you ever look at a good-looking guy or girl and silently feel a twinge of jealousy? Do you automatically assume that because that person is skinny or fit or wears nice clothes that he



or she has it all together? Maybe you thought that person was smarter than you or had more friends than you. Or maybe you thought he or she didn't have any problems. How come? Where did you get those ideas?

It's easy to get caught up into believing something like this because we are constantly bombarded by messages from TV, the Internet, movies or magazines that tell us how to look and what to wear. We think that if we could only look like that girl in the magazine or that actor on TV then we would be happy with ourselves. We start to compare ourselves to what the media portrays as beautiful and we start to feel bad about the way we look.

harder or go buy the designer jeans that the celebrity girl on TV was wearing. Or you may think to yourself that nothing is ever going to work, and you give up trying. You could end up feeling pretty lousy about yourself.

When you focus on what your body looks like and allow that to influence how you feel about yourself, you are creating what is called "body image." Whenever we think poorly about our bodies, we somehow end up thinking poorly about ourselves. Our body image influences our self-image, or self-esteem. When we are not feeling good about ourselves, our confidence drops. Low self-confidence makes it harder to make friends or do well in school.

Make a commitment today to let go of the mean things you may say or think about yourself and decide to think differently. Honor the things about your body that carry you through each and every day. Take care of your body and it will take care of you. Feel good about your body and, in turn, you will feel good about yourself!

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You might hear your friends say, "I'm fat," "My hair is too curly," "My thighs are too big," or "I hate my nose." Or maybe you've said something like that yourself! Maybe you have experienced cruel teasing from other kids your age who poke fun at your weight, your hair or your clothes. That hurts! Kids your age can be mean, and at the end of the day, if you allow it, you can be feeling pretty sad.

You may start to focus on your body and what's wrong with it, and find yourself thinking about that a lot. You may go on a diet and try to lose weight, exercise

harder or go buy the designer jeans that the celebrity girl on TV was wearing. Or you may think to yourself that nothing is ever going to work, and you give up trying. You could end up feeling pretty lousy about yourself.

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But who decides how you should feel about your body? Is it your parents? Your friends? The media? Who are you allowing to tell you how you should feel about yourself? Only you can decide! If you want to be a confident teenager and



### Critical thinking corner

## Think about it

**Who decides how you should feel about your body? You know it is your decision, but often others influence you in negative ways. Does peer pressure affect how people perceive themselves? Does the media – television, movies, magazines, newspapers – influence people's perceptions? Have your teacher split your class into small groups. Discuss these ideas with your group members.**

# A month of Lunches



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	Whole-wheat bagel with peanut butter Bag of pretzels Canned fruit cup Chocolate milk drink box	Yogurt cup Triscuits Baby carrots & ranch dressing Kiwi, cut in half	English muffin pizzas with pizza sauce & grated cheese Celery sticks Caramel popcorn Banana	String Cheese Small box raisins Pudding cup V-8 juice	Cheese & turkey wrapped in a wheat tortilla Cucumber rounds Fruit-cereal bar Apple
Week 2	Veggie burger in whole-wheat pita Dried fruit mixture Granola bar	Low-fat hot dog Whole-wheat bread Apple or pear Fun-size candy bar	Chicken chunks Pineapple chunks Cut-up veggies with dip Baked tortilla chips	Ham and cheese on rye Orange wedges Sweet rice cakes	Soft pretzel Cottage cheese cup favorite veggies Fruit cocktail
Week 3	Tortilla roll-up with refried beans Salsa and celery sticks Muffin Fresh piece of fruit	Tuna salad Wheat Thins Cantaloupe pieces V-8 juice	Light cream cheese & jam on whole wheat bread Rice Krispie treat square Blueberries	Tortellini pasta Fruit salad Veggies and dip	Kid's choice
Week 4	Bagel half with cheese & turkey sausage patty Mandarin oranges Broccoli florets with salsa Graham crackers	Peanut butter & banana slices on rice cakes Plum or peach Zucchini bread	Hummus in pita bread Small bunch of grapes Cucumber and pepper slices Small brownie	Cup of soup Cornbread muffin Cherry tomatoes Applesauce	Mozzarella cheese stick Carrot sticks Bread or pretzel sticks Salsa 100% juice box



## Learning with the Times

### Making a difference

The doctors, nurses and staff at All Children's Hospital are making a difference in their community. What type of jobs do you think there are at a hospital? Go to the All Children's Hospital website, [allkids.org](http://allkids.org), and write down all of the different jobs you can find. Choose five of these jobs and write a few sentences about how you think these people make a difference in their community. Next, find an article in the *Tampa Bay Times* that depicts someone making a difference in the community. Write down the main points of the article. Share what you have learned with your class.

[allkids.org](http://allkids.org)



### Critical thinking corner

## Think about it

Balanced meals supply your body with energy and the vitamins and minerals needed to grow healthy and strong. Every plate should include three to four different choices from the following five food groups: fruits, veggies, dairy, whole grains and protein. The plate should be colorful, and at least 50 percent of the plate should be filled with fruit and veggies. Using foods from the five food groups, create a balanced and colorful plate that will offer a healthy balanced meal.

# Culinary secrets

By Karen Saley, educator, culinary expert and chef

Using the proper tools will make cooking easy and pleasurable. Some things to consider for your kitchen are a grater, garlic press, apple slicer, zester, chopping mats/boards, measuring spoons and cups, spatulas and mixing spoons.

Keeping a well-stocked pantry will be helpful for preparing quick and healthy meals. Herbs and spices can add flavor to dishes. You can stock your spice rack, or consider using fresh herbs and spices such as oregano, thyme, basil, rosemary, garlic, red pepper, cinnamon and nutmeg.

Roasting vegetables brings out more flavor than simply steaming or boiling. Try roasting them in the oven or make some on the grill.

Measure and chop all the ingredients before you begin cooking. This will make preparing the recipe a snap.



## Gotta eat. Simple recipes for your busy life.

By Karen Saley, Fit4allkids culinary expert and instructor

### Breakfast pitas

1 scallion  
1 tablespoon chopped bell pepper  
1 tablespoon diced low-fat, low-sodium ham  
1 egg  
1 tablespoon skim milk  
Pinch of salt  
Pinch of pepper  
1/2 teaspoon oil  
Mini whole-wheat pita bread

- Slice scallion into small pieces.
- Finely chop bell pepper.
- Finely dice ham.
- Whisk egg, milk, salt and pepper together in a small bowl.
- Heat oil in skillet at 250 degrees.
- Add scallion, bell pepper and ham; cook until vegetables are soft (about 1 minute.)
- Add egg mixture to skillet and cook, stirring mixture until eggs are set.
- Cut pita bread in half and fill with egg mixture.

### Fruity chicken salad

1 (12.5 ounces) can chicken breast meat  
1/2 apple  
1/2 cup grapes  
1/4 cup poppy seed dressing  
Spinach and romaine lettuce

- Chop apple into small cubes.
- Cut grapes in half.
- Drain chicken.
- Chop spinach and lettuce.
- In a bowl, combine drained chicken, chopped apple, grapes and salad dressing.
- Gently mix ingredients until coated with dressing.
- Mix chopped spinach and lettuce together and place in a bowl.
- Top lettuce and spinach with chicken mixture.



### Muffin Pizza Snacks

1/2 whole-wheat English muffin  
2 tablespoons pizza sauce  
Spinach leaves  
4 slices turkey pepperoni  
1 tablespoon low-fat mozzarella cheese

- Heat skillet to 250 degrees
- Top English muffin with pizza sauce, spinach leaves, pepperoni and cheese.
- Place English muffin in skillet. Cover skillet and cook for about 1 minute or until cheese is melted.

### Tex-Mex Pasta Salad

1 pound uncooked pasta  
2 teaspoons olive oil  
1 tablespoon minced garlic  
1 pound ground turkey  
2/3 cup water  
1 (1.25-ounce) package 40%-less-sodium taco seasoning  
2 cups (8 ounces) pre-shredded reduced-fat Mexican blend cheese  
2 cups grape tomatoes cut in half  
1 cup chopped yellow or orange bell pepper  
1/2 cup chopped fresh cilantro  
1/2 cup sliced scallions  
1/2 cup sliced black olives  
1 (15.5-ounce) can black beans, rinsed and drained  
2 tablespoons fresh lime juice  
1/2 teaspoon salt  
1/4 teaspoon ground cumin  
1 (8-ounce) container reduced-fat sour cream

Cook pasta according to package directions, omitting salt and fat. Drain and rinse with cold water. Set aside. Heat oil in a large non-stick skillet over medium-high heat, add garlic and turkey; cook until turkey is browned, stirring to crumble. Stir in water and taco seasoning; bring to a boil. Reduce heat and simmer 4 minutes or until liquid almost evaporates and the turkey is done, stirring frequently. Remove from heat; cool slightly. Combine pasta, turkey mixture, reduced-fat cheese, and next 6 ingredients (through beans) in a large bowl. In a small bowl, combine lime juice, salt, cumin and sour cream, stirring until well blended, pour mixture over pasta; toss gently to coat.

— Adapted from: David Bonom, *Cooking Light* September 2005

# Watch what you eat ... and drink

Sometimes drinks and beverages can have the same, if not more, calories than an entire meal.

## Here are 10 examples of what to watch out for.

- 1 Flavored waters** (1 bottle, 20 fluid ounces)  
Estimated calories: 150 calories  
0 grams fat  
35 grams sugars  
Sugar equivalent: 2 ice cream bars
- 2 Bottled tea** (1 bottle, 20 fluid ounces)  
Estimated calories: 250 calories  
0 grams fat  
60 grams sugars  
Sugar equivalent: 4 slices of pie
- 3 Energy drink** (1 can, 16 fluid ounces)  
Estimated calories: 300 calories  
0 grams fat  
60 grams sugars  
Sugar equivalent: 6 glazed doughnuts  
Please note: Energy drinks are not recommended for teens or children.
- 4 Bottled coffee** (1 bottle, 13.7 fluid ounces)  
Estimated calories: 300 calories  
3 grams fat (3 grams saturated)  
50 grams sugars  
Sugar equivalent: 32 wafer cookies
- 5 Soda** (1 bottle, 20 fluid ounces)  
Estimated calories: 320 calories  
0 g fat  
80 g sugars  
Sugar equivalent: 6 ice cream sandwiches
- 6 Fruit-flavored juices** (1 bottle, 20 fluid ounces)  
Estimated calories: 350 calories  
0 grams fat  
60 grams sugars  
Sugar equivalent: 2- 7 ounce canisters of whipped cream
- 7 Espresso drink** (20 fluid ounces)  
Estimated calories: 660 calories  
20 grams fat (15 grams saturated)  
100 grams sugars  
Sugar equivalent: 8 1/2 scoops coffee-flavored ice cream
- 8 Lemonade mixer** (32 fluid ounces)  
Estimated calories: 470 calories  
0 grams fat  
110 grams sugars  
Sugar equivalent: 11 bowls of sugary cereal
- 9 Frozen drinks** (24 fluid ounces)  
Estimated calories: 870 calories  
25 grams fat (20 grams saturated, 1 gram trans)  
110 grams sugars  
Sugar equivalent: 12 cream-filled doughnuts
- 10 Smoothie** (large, 40 fluid ounces)  
Estimated calories: 1,500 calories  
45 grams fat (8 grams saturated)  
215 g sugars  
Sugar equivalent: 20 peanut butter cups

## Don't forget —

Read the labels and be informed. The same product can be very different depending on the brand; educate yourself so you can decide if it is a good choice and something you want to consume on a regular basis. Consider how many servings are in each container, look at the ingredients and consider the amount of sugar. Become an expert!

## Try these instead —

**Naturally flavored water.** Try using citrus fruit such as oranges, limes and lemons or berries (strawberries, blueberries, blackberries and raspberries) to add natural flavor and color to plain water. For something totally different and refreshing, try adding sliced cucumber and fresh mint.

**One hundred percent juice and seltzer.** Take your favorite 100 percent fruit juice and dilute it with seltzer water. It's bubbly and refreshing and has vitamins, too.

**Low-calorie or unsweetened teas.** Make them yourself or find them in the bottle. Just remember to read the labels. If you make them yourself, you can add your favorite fruit for extra flavor.

**Skim/fat-free milk.** Always a winner! You need three servings of dairy every day, so pour yourself a glass of ice-cold skim milk to drink with every meal.

**Sparkling water.** Look for sparkling water with no calories, no artificial sweeteners and no sodium. Bottled or in cans, it comes in many flavors and is great if you like the bubbles.



## Learning with the Times

### Analyzing information critically

It is time to use your critical thinking skills. Using the electronic edition of the *Tampa Bay Times*, review the articles and ads for a one-week time period. Save all articles that focus on health, fitness, food and cooking. Write down the main points for each article. Be sure to comment on whether the article is focusing on positive or negative choices. Choose one of the points represented in one of the articles to write a research paper. You can focus your research and paper on any aspect of the article. After your paper is written, create an oral presentation for your class. Explain whether the information you found is positive, negative, helpful or harmful.



## Critical thinking corner Think about it

Think about shopping healthy on a budget. Here are some tips on how to save at the grocery store:

- Take advantage of “buy one get one free” deals.
- Prepare your meals based on what is on sale.
- Always shop with a list and never shop when you are tired or hungry.
- Don't let produce spoil. Only buy what you intend to eat.
- Think **GENERIC**. Store brands are usually cheaper and are more often of the same quality.

What other tips can you think of for shopping healthy on a budget?



# Shop till you drop!

Most of you are experts when it comes to shopping for clothes, games, music and electronics, but what about shopping for food?

Do you know what to look for? Should a melon make a certain sound when you tap it? How do you know when a pineapple is ripe?

Below, All Children's Hospital experts share some of their favorite shopping tips for finding the best foods.

## Tips for buying fruits and vegetables:

- Color makes a big difference. Generally, it is best to buy brighter colors. The darker and browner an item is, the older it is.
- Is it old or beat up? The fruit or veggie should feel firm when squeezed and not have wrinkles or spots.
- Ask! Don't be afraid to ask the employees working in the produce section how long fruits and vegetables can last.
- Specific fruit tips:
  - Don't buy bananas that are brown or soft.
  - Citrus should be bright and heavy.
  - Melons should sound hollow when tapped.
  - Pineapples are ready to eat when it's easy to pull off the leaves.
  - Strawberries should be bright red. Be sure to check the entire package before buying.
- Try a variety of fruits, including fresh, frozen, canned and dried fruit to see what you like best.
- Look for fruits with no sugar added.
- Try to buy 100 percent juice when available and mix it with an equal amount of water or seltzer.

## Recommended shopping list:

When shopping, head to the produce section first. Go crazy and fill your cart high! A typical week's worth of produce for a family of four includes:

- 6 apples
- 3 pears
- 10 bananas
- Grapes
- 1 pound of carrots
- Onion
- 1 pound of sweet potatoes
- 4 tomatoes
- 2 cucumbers
- 2 bags of salads
- 2 peppers
- 1 pound of fresh broccoli

## Tips for dairy:

- Don't forget that you need three cups of dairy each day, so add a cup to every meal!
- Whole milk is full of fat, so choose skim or low-fat instead.
- Choose a low-fat or fat-free yogurt and add fresh fruit for flavor.
- Look for low-fat cheese to add to dishes like pasta, casseroles and omelets for extra protein and calcium.
- If you're lactose intolerant, you can buy lactose-free milk. You also can get calcium from soy products, fortified cereals and breads, and fortified juices. Check the label!

## Recommended shopping list:

- Skim/fat-free milk or 1% reduced-fat milk
- Fat-free puddings
- Low fat yogurt
- Low-fat/non-fat cottage cheese
- Reduced-fat cheese (mozzarella, cheddar, feta, etc.)

## Tips for meats and beans:

- Go lean with protein! Choose lean cuts of meat and remember that poultry is leaner than other meat options.
- Beans, beans, beans! Beans are easy to add to meals like pasta, salads and soups. Most beans are low in fat and calories but high in protein and fiber.
- Variety is fun. Add variety to your diet by adding fish and non-meat protein options like soy burgers or tofu.

## Recommended shopping list:

- Lean ground beef
- Boneless, skinless chicken breast
- Lean cold cuts (low-fat ham, chicken and turkey breast)
- Black beans
- Black-eyed peas
- Reduced fat peanut butter
- Kidney beans
- Nuts (pistachios, almonds, peanuts, cashews, walnuts, macadamias)
- Fish (tuna, salmon, haddock, cod, tilapia)
- Shellfish (shrimp, crab)

## Tips for buying whole grains:

- Whole grain doesn't mean boring. Try new things. Stores sell a variety of whole-wheat options that you may find tasty!
- Whole-grain foods can be snacks. Try whole-wheat crackers and cheese, dried cereal and yogurt or popcorn.



## Recommended shopping list:

- Whole-grain or whole-wheat bread
- Whole-grain or whole-wheat crackers (for example: there are whole-grain versions of Triscuits, Wheat Thins, All Bran, Fiber Selects, etc.)
- Popcorn (light-butter or reduced-fat)
- Brown, whole-grain or wild rice
- Cereal (choose one with at least 3 grams of fiber per serving) – Kashi Go Lean, Wheaties, Raisin Bran, All Bran, etc.
- Oatmeal
- Whole-wheat or whole-grain pasta

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# To eat or not to eat: What to do about fast food and eating on the run

Today your lives are super busy with school, sports, friends and all kinds of activities. You probably don't think much about nutrition and what is best for your body, especially when your schedules are overflowing. It's possible to make good choices when eating on the run if you know what to look for. Eating at home and preparing your own meals is the best way to manage your weight, but when this is next to impossible due to a busy schedule, you can make it work by knowing what to order when you're eating fast food.

Here are some healthier options when eating on the run and what to look out for.

## LESS HEALTHY CHOICES

## HEALTHY CHOICES

### Burger Chains

Double-patty hamburger with cheese, mayo, special sauce and bacon  
Fried chicken sandwich  
Fried fish sandwich  
French fries  
Milkshake  
Chicken "nuggets" or tenders  
Adding cheese, extra mayo and special sauces

Regular, single-patty hamburger without mayo or cheese  
Grilled chicken sandwich  
Veggie burger  
Baked potato or a side salad  
Yogurt parfait  
Grilled chicken strips  
Limiting cheese, mayo and special sauces

### Fried Chicken Chains

Fried chicken  
Teriyaki wings or popcorn chicken  
Caesar salad  
Chicken and biscuit  
Adding extra gravy and sauces

Grilled chicken soft taco  
Black beans  
Grilled steak soft tacos  
Veggie and bean burrito  
Limiting sour cream or cheese

### Subs, Sandwiches and Deli Choices

Foot-long sub  
High-fat meat such as ham, tuna salad, bacon, meatballs or steak  
The "normal" amount of higher-fat (cheddar, American) cheese  
Adding mayo and special sauces  
Keeping the sub "as is" with all toppings  
Choosing white bread or "wraps" which are often higher in fat than normal bread

Six-inch sub  
Lean meat (roast beef, chicken breast, lean ham) or veggies  
One or two slices of lower-fat cheese (Swiss or mozzarella)  
Adding low-fat dressing or mustard instead of mayo  
Adding extra veggie toppings  
Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced

# Get the facts: Ten tips for a healthy body

## 1. Balance calories

Managing calories is the first step to managing your weight. Find out how many calories you need a day by visiting [ChooseMyPlate.gov](http://ChooseMyPlate.gov) to find your calorie level.

## 2. Drink water instead of sugary drinks

Soda, sports drinks and energy drinks are a major source of added sugar and calories. Cut calories by drinking water that is flavored naturally with a squeeze of lemon or other fruit, or try unsweetened beverages.

## 3. Foods to eat more often

Eat more vegetables, fruits, whole grains and fat-free or 1 percent milk and dairy products. Are you a picky eater? Go grocery shopping with your parents, and allow yourself to smell, touch, taste and ask questions about new foods. Make healthy food fun.

## 4. Foods to eat less often

Cut back on foods high in fats, added sugars and salt. These include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats such as ribs, sausages, bacon and hot dogs. Eating these in moderation is okay, but not as every-day foods.

## 5. Half of your plate should be fruits and veggies

Make half of your plate fruits and vegetables. Try to vary your veggies by choosing the colors red, orange and dark-green, such as tomatoes, sweet potatoes and broccoli.

## 6. Make half of your grains whole grains

Substitute whole grains into your diet by eating whole-wheat bread instead of white bread and brown rice instead of white rice.

## 7. Food Safety

Getting involved in the kitchen can be fun, but be sure to handle food properly. Always clean hands, surfaces and produce. Meat/poultry should never be washed or rinsed.

## 8. Avoid oversized portions

Using a smaller plate, bowl or glass will help you portion out your food, and be sure to portion out your food before you eat. When going to a restaurant, choose smaller portion sizes, share a dish or take home part of your meal.

## 9. Enjoy your food, but eat less

Take time to enjoy your food while you eat. Eating too fast or when you're paying attention to something else may cause you to eat more. Pay attention to when your body tells you it's had enough.

## 10. Get your calcium

To build strong bones, switch to low-fat or fat-free milk. You'll receive the same amount of calcium and essential nutrients but fewer calories and saturated fats.

Go to [ChooseMyPlate.gov](http://ChooseMyPlate.gov) for more information.



## Learning with the Times

### Creating a new food

People love food that is convenient and fast, tastes good and is low in cost.

Unfortunately, many of the fast foods people eat are unhealthy. Use your imagination to create a new food product. This food product can be anything you want, but it needs to taste good, be low-cost and appeal to the fast-food generation. The food can be anything from a new cookie mix to a new kind of soup. Using the advertisements in the *Tampa Bay Times* as models, design a newspaper ad that will convince people to buy your product. In addition, create a press release to inform the media about the new product.

# 4X4 Fitness Challenge

**W**e dare you to try the following four fitness strategies over the next four weeks. Try to implement these healthy habits one week at a time and by the end of the month you may be surprised by what you have accomplished.

**Set a fitness goal.** Be specific and realistic. Don't just say I want to be stronger. Make it count. For example maybe your goal is to do 20 crunches in 60 seconds or maybe you like to run and would like to participate in a 5-kilometer event. What will you do this week to be successful and reach your goal? Make a plan and tell someone what you are doing so you will hold yourself accountable for your actions.

**Track it and own it!** Keep track of your workout routine so you track the progress you have made.

When you write, you also think of how you felt during the activity. Fitness journals also assist with reaching goals. Writing something down makes it more concrete, so write your goal down so it is visible and can be looked at whenever you need to remind yourself of the ultimate goal.

**Try something new.** We often decide to do one type of activity, and eventually we get bored. You never know what activity you may love. If you are an avid runner, try mixing in a few days of swimming and biking. If you like socializing, try an exercise class or play a pickup game of basketball with your family or friends.

**Be active! Be strong! Be flexible!** Try including all three of these fitness activities into your routine. Get moving and get your heart pumping. Try to be active every day for 60 minutes — even walking counts, but remember to pick up the pace. Try some strength-training exercise: push-ups, crunches and bridges. These exercises should be done two to three times a week on non-consecutive days. Flexibility

training is important for the muscles and joints and ultimately can help prevent some injuries. Try to stretch every day if possible, working on every muscle group. Hold for 15-30 seconds per exercise.

~by Kellie Gilmore, Fit4Allkids coordinator



## Want to be fit? Get moving and stretching!

Did you know that by doing stretching exercises you can improve your muscle flexibility and the way your body moves? Stretching also can improve your balance and increase the blood flow to the muscles. This improves circulation and can even relax tense muscles which sometimes can come from having a tough or stressful day.

Try doing five minutes of stretching every day and gradually increase to 10 – 15 minutes a day. You may find that you really enjoy this type of activity. If so, consider taking a yoga class, a great workout for the mind and body.



### Critical thinking corner **Think about it**

Experts agree that you need at least 60 minutes a day to play and be physically active. Let's get creative. Have your teacher split your class into small groups. Come up with 20 fun activities that you can do to be active every day. Create a rap song with those activities and share it with your class.





# Get moving!

**S**tride exercises are considered aerobic activities. During aerobic exercise, you will breathe faster and deeper, which means the amount of oxygen in your blood will increase, which means your heart will beat faster, which increases blood flow to your muscles and back to your lungs. This leads the body to release natural chemicals called endorphins, which make the entire body feel good.

So how about running around the park, riding your bike, walking in the neighborhood, playing with your pets, swimming at the beach, skating on the trail, dancing with your friends or even climbing a tree. All of these are considered aerobic activities.

Stride activities should be part of your day, every day. Did you know that experts agree that you need at least 60 minutes a day to play and be physically active?

If this kind of activity is new to you, then take it slow and try increasing your physical activity gradually.

Use the talk test as your guide. You should be able to talk and answer questions as you exercise. If you struggle with this, then slow down.

The most important thing is to focus on having fun. Whatever you do for exercise should be something you enjoy and something that makes you feel good. Don't forget to encourage your friends and family to join in with you.



## Learning with the Times

### Let's get physical

Look in the Comics section of the *Tampa Bay Times* to find characters that are physically fit. Also note which characters are not physically fit. Create a chart showing the characters, their fitness status and the behaviors that might lead to those character's fitness levels. Create an action plan for one of the characters to become physically fit. Share your plan and chart with your class.

[allkids.org](http://allkids.org)

## Hot topics

The following websites can help you in finding the latest news.

**All Children's Hospital: Fit4AllKids™**  
[allkids.org](http://allkids.org)

**Academy of Nutrition and Dietetics:**  
[eatright.org](http://eatright.org)

**American Heart Association: Healthier Kids**  
[heart.org](http://heart.org)

**Choose My Plate:**  
**United States Department of Agriculture**  
[choosemyplate.gov](http://choosemyplate.gov)

**Eat Better America**  
[eatbetteramerica.com](http://eatbetteramerica.com)  
Recipes: [eatbetteramerica.com/recipes/recipesbrowse.aspx](http://eatbetteramerica.com/recipes/recipesbrowse.aspx)

**Fruits and Veggies, More Matters**  
[fruitsandveggiesmatter.gov](http://fruitsandveggiesmatter.gov)  
Recipes: [apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx](http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx)

**Find the Fun**  
[findthefunnow.com](http://findthefunnow.com)  
Fun ideas in Pinellas County

**Jamie Oliver's Food Revolution:**  
**Support America's Health**  
[jamieoliver.com/us/foundation/jamies-food-revolution/home](http://jamieoliver.com/us/foundation/jamies-food-revolution/home)  
Recipes: [jamieoliver.com/us/foundation/jamies-food-revolution/recipes](http://jamieoliver.com/us/foundation/jamies-food-revolution/recipes)

**KidsHealth:**  
**Staying Healthy by Eating Healthy and Staying Fit!**  
[kidshealth.org/kid/](http://kidshealth.org/kid/)  
Recipes: [kidshealth.org/kid/recipes/index.html](http://kidshealth.org/kid/recipes/index.html)

**Let's Move:**  
**America's Move to Raise a Healthier Generation of Kids**  
[letsmove.gov](http://letsmove.gov)

**My Fitness Pal:**  
**Nutritional Database and Calorie Counter**  
[MyFitnessPal.com](http://MyFitnessPal.com)

**Eating Well**  
[eatingwell.com/recipes\\_menus](http://eatingwell.com/recipes_menus)

**Cooking Light**  
[cookinglight.com/food](http://cookinglight.com/food)

**Mayo Clinic**  
[mayoclinic.com/health/healthy-recipes/RecipeIndex](http://mayoclinic.com/health/healthy-recipes/RecipeIndex)

**A Healthier You**  
**Dietary Guidelines for Americans 2005**  
[health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html](http://health.gov/dietaryguidelines/dga2005/healthieryou/html/recipes.html)

**Moms Who Think**  
[momswhothink.com/healthy-recipes/healthy-recipes.html](http://momswhothink.com/healthy-recipes/healthy-recipes.html)

# Taking action: Five steps to success

The U.S. government's Let's Move! website has one major goal: to solve the problem of childhood obesity in a generation. It's a big goal, so everyone needs to do his or her part, especially kids. By eating right and being active, kids can be healthy and achieve their dreams.

## 1. Move every day

Kids need 60 minutes of active play every day. It may sound like a lot, but it doesn't all need to happen at one time. Physical activity throughout

the day all adds up. And when you get moving, you're more likely to:

- Feel less stressed
- Feel better about yourself
- Feel more ready to learn in school
- Build and keep healthy bones, muscles and joints
- Sleep better at night

## 2. Try a new fruit or veggie

Bodies need nutrients, such as vitamins, minerals, proteins and carbohydrates, to grow up healthy. These nutrients come mainly from the food you eat. Just as cars need gasoline to run, your body needs food to keep going. But not just any food. To be your healthiest, you need to give your body the right kinds and amounts of fuel.

## 3. Drink lots of water

Reach for a tall glass of water instead of soda, sugary drinks, sports drinks or juice with added sugar. Here are some simple ideas to make better beverage choices and be healthier:

- Pass on soda and choose water instead at meal time.
- Drink 100 percent juice without added sugar.
- Choose 1 percent or skim milk.
- Make water refreshing by adding a slice of lemon, lime, cucumber or watermelon.
- Add a splash of 100 percent juice to water or sparkling water.

## 4. Do jumping jacks to break up TV time

Nowadays, the average kid spends more time watching TV and less time running and playing. Kids need to run and play every day. Quiet time for reading and homework is fine, but you should limit time spent watching TV, playing video games or surfing the web so you have more time to play. If you're going to watch TV or play computer games, mix it up with:

- jumping jacks
- dancing
- walking up and down the stairs
- sit-ups

- stretching
- jogging in place
- push-ups
- yoga moves
- active household chores

## 5. Help make dinner

Join in with food shopping and cooking. Sit down as a family to plan a menu and enjoy spending time together.

- Participate in food shopping trips and choose fruits and veggies to mix into meals.
- If you pack your lunch, work out a menu for the week with different foods that you like and are good for you.
- With your parents' permission, help measure and mix ingredients and cut up fruits and vegetables.
- Find new healthy recipes that sound tasty, too.
- Use the healthy family calendar to schedule family dinners each week.



## Learning with the Times

### Exercise, no problem

All over the nation, doctors and health officials are worried

that American kids are getting heavier and heavier. The number of teens and pre-teens who have become extremely overweight has tripled in the last 30 years.

Many health experts say it's because kids don't get as much exercise as kids of the past. But a new study has found that exercise isn't the problem. The study by researchers at Johns Hopkins University has found that kids today get about the same amount of exercise as kids 20 or more years ago. The problem is that they are eating more – especially more high-fat, high-sugar, high-calorie foods. Kids who eat a lot of these foods have to exercise more to burn off the extra calories they contain. Exercise comes in many forms, and not all of it is the kind you get playing on sports teams. Ask your teacher to split up your class into small groups. Search the stories, photos and ads in the electronic edition of the *Tampa Bay Times* for examples of exercises kids could do with their friends or families. Create a public service announcement encouraging teens to exercise. Use a persuasive writing style for your message. Create a slogan for your campaign.

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allkids.org



**Yum,  
Yum!  
Let's  
Make  
Some!**

If you love to cook and want to try some healthy recipes, go to the All Children's Hospital website, [allkids.org](http://allkids.org), and request your free copy of our cookbook, "Yum, Yum! Let's Make Some!"



**Join us on  
Facebook!**

Teens, find us on Facebook at [Fit4allteens](https://www.facebook.com/Fit4allteens). Join our experts and other teens to chat and stay connected.

Parents, find us on Facebook at [Fit4allkids](https://www.facebook.com/Fit4allkids). Join our experts and Fit4Allkids families to stay current on the latest nutrition information and fitness topics.

# GET FIT CROSSWORD PUZZLE

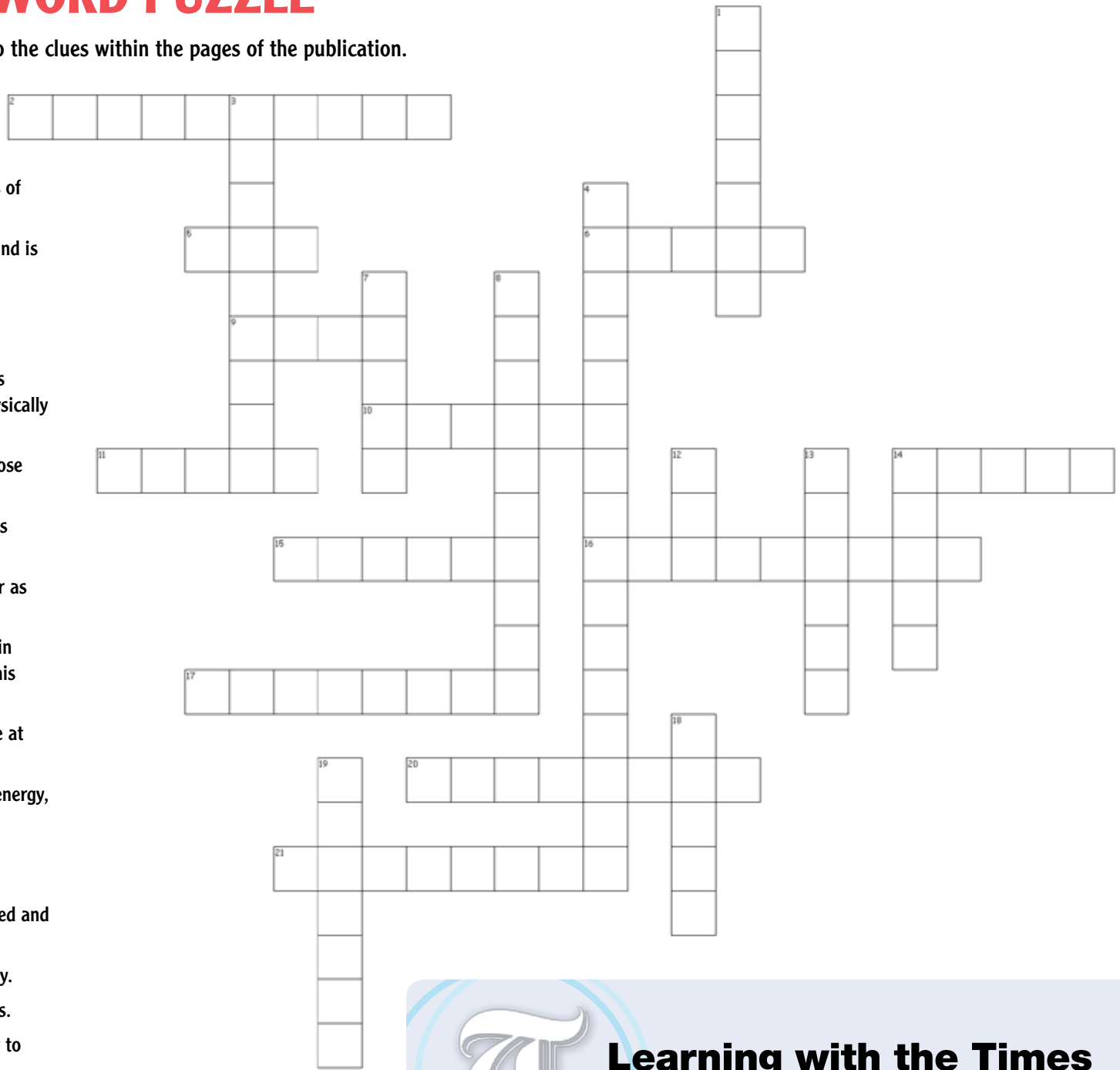

Directions: You will find the answers to the clues within the pages of the publication.

## ACROSS

2. This fruit is best when it is bright red.
5. A 40-ounce smoothie can have 45 grams of \_\_\_\_\_.
6. This type of weight loss is never healthy and is usually not long term.
9. There are this many food groups.
10. Read these to be informed.
11. Experts agree that you need at least this many minutes a day to play and be physically active.
14. When eating grains, pasta and rice, choose this type of grain.
15. Ryleigh A. Long wants you to get serious about your \_\_\_\_\_ and your diet.
16. An energy drink can have as much sugar as this food.
17. If you want to bring out the best flavor in vegetables, you should cook them by this method.
20. This type of activity is good for everyone at any age.
21. Balanced meals supply your body with energy, vitamins and these.

## DOWN

1. Foods with this and fiber keep you satisfied and focused.
3. This is the most important meal of the day.
4. Half of your plate should have these items.
7. Preparing your own \_\_\_\_\_ is the best way to manage your weight.
8. In addition to muscle-building exercises, you should do these exercises.
12. Who decides how you should feel about your body?
13. Keeping a well-stocked this will be helpful for preparing quick and healthy meals.
14. Drink this instead of sugary drinks.
18. These potatoes are healthier than french fries.
19. It is better to get this type of chicken sandwich than a fried version.

## Learning with the Times

### Going organic

Because of concerns about health risks, some people prefer not to eat produce that's been grown with chemical aids. Organic farmers avoid using artificial pesticides and fertilizers to grow their crops. Look for articles in the *Tampa Bay Times* about organic farming and produce. Do some research to find out more about organic farming and its methods. How are they different from the methods of conventional farming? Would you like to see more or less organic farming in the future? Why? Write a short editorial explaining your viewpoint. Be sure to back up your opinions with facts from your research.

## Newspaper in Education

The Tampa Bay Times Newspaper in Education (NIE) program is a cooperative effort between schools and the *Times* to promote the use of newspapers in print and electronic form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools.

With ever-shrinking school budgets, the newspaper has become an invaluable tool to teachers. In the Tampa Bay area, each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to generous sponsors such as All Children's Hospital.

The *Times* and our NIE curriculum are rich educational resources, offering teachers an up-to-the-minute, living text and source for countless projects in virtually every content area. For information about NIE, call 800-333-7505, ext. 8138 or visit [tampabay.com/nie](http://tampabay.com/nie). Follow us on Twitter, [Twitter.com/TBTimesNIE](https://twitter.com/TBTimesNIE).

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## Credits

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Tampa Bay  
**Times**  
**NIE**  
newspaper in education  
[tampabay.com/nie](http://tampabay.com/nie)

# Fit4Allkids™

## Want to learn more about healthy eating and staying fit?

Check out Fit4Allkids on the All Children's Hospital website at [allkids.org](http://allkids.org). We want to help you and your family stay healthy, so we offer educational programs and special events throughout the year. To learn more, you also can e-mail our experts at [fit4allkids@allkids.org](mailto:fit4allkids@allkids.org).

## Fit4Allteens

If you are 13 to 19 and struggling with your weight and/or having trouble making sense of all the diet, nutrition and fitness information that is constantly out there, we can help. All Children's Hospital, in partnership with the Y, offers a special program just for teens who want to learn how to manage their weight and be more active. Fit4Allteens is offered at the Y located in Largo. If you are interested in

making changes and joining this program, first talk with your parents and have them speak with your physician to see if this is the right program for you. More information is available on our website at [allkids.org](http://allkids.org); or you can e-mail our experts at [fit4allkids@allkids.org](mailto:fit4allkids@allkids.org). We are happy to help!

## Kohl's Cooks for Kids

All Children's Hospital and Kohl's Department Stores have made an ongoing commitment to help families raise a healthier generation. Special thanks to Kohl's for providing the support and funding for this newspaper project, as well as funding All Children's family classes and special culinary events. To learn more about the cooking programs and events, go to [allkids.org](http://allkids.org).

**KOHL'S Cares**  
Committed to Kids' Health and Education

All Children's Hospital and the Fit4Allkids team of experts contributing to this project include:

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Cindy Rose, Associate VP of marketing and communications  
Karen Saley, Fit4Allkids culinary education instructor  
Mike Sexton, director of creative services  
Amy Wheeler, USF Masters in Public Health intern

We are grateful for the continued support from Kohl's Department Store for this project as well as the Kohl's Cooks for Kids community education classes and special events. To learn more, go to [allkids.org](http://allkids.org).

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