

# HOW TO BE STRONG AT HEART - A HEALTH GUIDE FOR TEENS

## Picking Portions

A healthy-looking plate is at least half full with a wide variety of fruits, vegetables and beans and one-quarter filled with whole grains, pasta or rice. The plate should also contain one-fourth full (or less) of protein, such as lean meat, fish, chicken or soy. A portion of meat should be three to four ounces—about the size of a pack of cards. If a restaurant serves more than a portion (which is typical), divide the plate in two and ask for a to go box, and save the food for another meal. Watching portions is an important part of heart health and, along with increased physical activity a good way to watch and avoid excess weight. Rates of obesity and overweight have doubled among U.S. young people during the past two decades, with the highest rates among African-American and Hispanic youth. For more information on making heart healthy portion choices visit [americanheart.org](http://americanheart.org) or call 1-800-AHA-USA1.

### Restaurant Rules

Neither Serena nor Michael eats out that much in sit-down restaurants. But they got Ms. Lee's advice about what to order when they do. She gave them a list of restaurant words that signal foods they should avoid. Some of the words mean the food is fried or covered in butter or cheese. Other words mean that there's way too much salt. The list looks like this:

Fatty Words	Salty Words	Healthy Words
Alfredo	Broth	Baked
Au beurre	Cocktail sauce	Broiled
Au gratin	Pickled	Grilled
Basted	Smoked	Poached
Bearnaise	Soy	Roasted
Braised	Teriyaki	Steamed
Creamy	Barbecued	
Crispy		
Escalloped		
Fried		
Fritters		
Hollandaise		
Pan-Fried		
Parmigiana		
Sauteed		
Stewed		
Stuffed		

Some restaurants actually star (★) their healthiest entrées. And, if you're confused, you can always ask a waiter how a dish is prepared. Don't be shy. Answering questions like that is part of the server's job.



## Menu Madness

1. Turn to your paper's food section and find a restaurant review. Does the food served at the restaurant seem healthy overall? \_\_\_\_\_ Which dishes mentioned seem the healthiest?

---



---



---

If you were eating at the restaurant, which foods would you choose? Why?

---



---



---

2. Many newspapers carry school lunch menus. Does yours? \_\_\_\_\_ If so, look to see what your cafeteria will be serving this week. If your cafeteria is not listed, look at the menu for another school. Which meals seem the healthiest? Which foods would you choose? Which ones would you limit?

---



---



---

3. Does your school have vending machines? What types of foods are in them? Are any of the foods healthy? What could your school put in the machines that would be healthier?

---



---



---

