

# Nutrition & Fitness Tracker

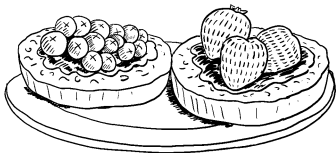
Help your family get on board with better eating and more exercise. Use the easy-to-follow ideas below, and then make copies of each page for your youngster (and yourself) to keep track of healthy habits.



## Healthy eating

Fast food, sugary snacks, and full schedules can make it difficult for your teenagers to get the healthy foods they need. Use these tips and the chart below to help them learn nutritious eating habits that will last their whole lives.

### Don't skip breakfast



Breakfast can be a bowl of cereal with milk and a banana—or many other things. Create new breakfast favorites. Make yogurt parfaits (layer nonfat Greek vanilla yogurt with fresh fruit, and top with granola), or toast an English muffin and top with almond butter and fresh berries.

### Follow a plan

For children ages 9–13, aim for 2 cups vegetables (girls) or 2½ cups vegetables (boys), 1½ cups fruit, 3 cups dairy, 5 oz. grains (girls) or 6 oz. grains (boys), and 5 oz. protein a day. For older teens 14–18, daily recommendations are 2½ cups vegetables (girls) or 3 cups vegetables (boys), 1½ cups fruit (girls) or 2 cups fruit (boys), 3 cups dairy, 6 oz. grains (girls) or 8 oz. grains (boys), and 5 oz. protein (girls) or 6½ oz. protein (boys).

And try to limit fats and sugar. For more information, see [choosemyplate.gov](http://choosemyplate.gov).

### Learn portion sizes

For one week, use measuring cups to measure each serving of food as you add it to your plate or bowl (you can find serving sizes on food labels). By the end of the week, you'll know what a serving should look like. For foods without labels (meat, fresh fruit), check a website like [nutritionix.com](http://nutritionix.com) or a free app, such as [MyFitnessPal](http://MyFitnessPal).

### Avoid life in the fast-food lane

Portable snacks like fruit, popcorn, and raw vegetables are easy to pack and offer a healthier alternative to fast food. When you do eat out, choose grilled foods instead of fried foods, water or milk instead of soda, and salad instead of fries.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Check off each cup or ounce.						
<b>Fruits &amp; Vegetables</b> (cups)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Protein</b> (oz.)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Dairy</b> (cups)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
<b>Grains</b> (oz.)	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>



**Make it social**

It's easier—and more fun—to be active in a group. Set up regular times with friends to play touch football or throw a Frisbee. Join a sports league, try out for a team at school, or play basketball, kickball, or volleyball at your local recreation center.

**Make it interesting**

Changing the routine from day to day is a great way to keep workouts from seeming like work. You might walk to school twice a week and ride your bike the other days. Mix things up by trying new activities—consider taking a martial arts class, try a rock-climbing gym, go kayaking, or start running.



**Physical activity**

Staying fit improves self-esteem, reduces stress, and cuts the risk of health problems like diabetes and heart disease. Encourage your children to stay active with these tips. They can track their daily and weekly progress with the chart below.

**Make time**



Try to get 60 minutes of moderate to vigorous physical activity each day. Can't find an hour all at once? Break it down into four 15-minute sessions. Better yet, trade off an hour of screen time (television, computer, phone, or video games) for an hour of exercise.

**Make a list**

Write down all the ways you can be active. Be creative—getting a workout includes more than push-ups and sit-ups. Walking to school, household chores, and dancing all count. Work in three or four things from your list every day.

**Fitness goals**

Get started and stay on track by setting your own goals for fitness.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Activity	Min.	Activity	Min.	Activity	Min.	Activity	Min.	Activity	Min.	Activity	Min.	Activity	Min.
<b>Total Min.</b>		<b>Total Min.</b>		<b>Total Min.</b>		<b>Total Min.</b>		<b>Total Min.</b>		<b>Total Min.</b>		<b>Total Min.</b>	

*Editor's Note: Teen Food & Fitness™ is reviewed by a registered dietitian. Consult a physician before beginning any major change in diet or exercise.*

