

Getting the balance right



teenagers



How good is your energy balance?

To find out, check out the questions below:

Do you

- a) eat 5 or more portions* of fruit and vegetables a day?
- b) eat vegetables or fruit at just one meal each day?
- c) rarely/never eat fruit and vegetables?

Do you

- a) always eat 3 main meals a day including breakfast?
- b) skip meals 2-4 times a week?
- c) skip breakfast or lunch everyday?

Do you

- a) eat a variety of snacks including fruit?
- b) snack regularly if you are hungry or not?
- c) only snack on chocolate, sweets and fizzy drinks during the day?

Are you

- a) active for at least an hour most days?
- b) active only 2 or 3 days a week?
- c) spend most of your leisure time sitting indoors?



If you answered mainly As

Well done, looks like you are making some really great choices to help reach and keep a healthy body. Check out the other pages for more ideas on healthy meals and snacks.

If you answered mainly Bs

Eating more fruit and vegetables, exercising more regularly and eating 3 balanced meals every day is great for your energy balance, which helps you stay in shape.

If you answered mainly Cs

Some simple changes to your eating and activity patterns could help you get your energy balance under control. Check out the rest of this leaflet for more advice.



So why should you think about what you eat and drink? To help you to:

look and feel fab	✓
feel more energetic	✓
have healthy skin	✓
concentrate better at school	✓
achieve a healthy body shape	✓

* One portion = one handful of vegetables or one medium piece of fruit. Remember that fresh, frozen, dried, canned fruit and vegetables and a glass of juice all count.

Just a few small changes can make a big difference.

Let's get physical!

Not doing much at the moment? Try starting with a 10-minute walk everyday and build it up. Aim to be physically active for at least an hour everyday. To make it easier divide it into 10-15 minute chunks of activity throughout the day.

Being active helps to control your weight but that's not all - it's good for your whole body and helps you feel less stressed.

Don't like sport? The good news is that all types of activity count, from dancing to playing frisbee. Mix it up a bit. Just like with a healthy diet, a variety of activities is good for your body.

Being more active means that you need to replace lost fluids more regularly, especially if the weather is hot, so remember to take a drink of water, diluted fruit juice or other low-sugar drink with you.



Activities to try

Walking
(the dog, to school, to the shops)
Swimming
Cricket, football, rugby
Get on your bike
Frisbee, rounders
Table tennis
Skate boarding
Roller blading or ice skating
Dancing
Trampolining or gymnastics
Martial arts
Archery
Skipping
Running, jogging

Being active, more often, is not only good for you, it helps you feel good about yourself too.

To find out where you can get active or play sports near your home or school, log on to www.everydaysport.com or call 0800 587 6000



Why is it important to eat regular meals?

If you eat regular balanced meals you're more likely to have a healthier body size and shape than those who eat on the run, miss meals and rely on snacking. So try and ensure that you base meals on the 5 key food groups:

Aim to eat 5 portions* of fruit and vegetables each day to give you vitamins, minerals and fibre

Aim to drink around 6 - 8 glasses of water and low-sugar drinks each day to help your body work properly

Include some meat, fish, eggs, beans, lentils or nuts to help you grow



Make healthy energy foods such as bread, breakfast cereal, potatoes, rice or pasta part of every meal

Aim for 3 portions of dairy foods (milk, cheese, yogurt) each day to help give you healthy bones and teeth

Eat foods high in fat and/or sugar in moderation

* see page 2 for what is a portion

Why breakfast is a must

Breakfast is important because it kick starts your body. Overnight your body has been gently ticking over (like being on standby) and slowly using up stored energy.

It is probably the longest time that the body goes without food each day, so when you wake you need to refuel your energy stores ready for the day ahead. One in five children skips breakfast although scientists have actually proved that eating breakfast improves your ability to concentrate at school.



A few breakfast options

Breakfast cereal with milk - try a wholegrain or high fibre variety

Thick cut wholemeal toast

Fruit smoothie e.g. made with banana, yogurt and a splash of milk

Homemade bacon, lettuce and tomato sandwich - grill the bacon and remove the rind

Porridge or instant oats

Chopped fruit with yogurt

Toasted bagel or bread muffin

Healthy quick meal options

Baked beans on toast

Jacket potato with coleslaw, tuna and sweetcorn or vegetable curry

Scrambled eggs, lightly cooked mushrooms, sliced tomato with wholemeal bread

Fish fingers, peas and oven chips/baked wedges

Vegetable soup and hot crusty bread

Pitta pockets with lean meat and plenty of salad



Smart choices when eating out

Making smart choices doesn't mean you shouldn't eat pizza, burgers or chips – simply reduce how often you have them and try to strike a balance throughout your week. For more ideas on making smart choices when eating out check out www.teenweightwise.com



Healthy main meals at home

Spaghetti Bolognese with a side salad or corn on the cob

Vegetable stir fry with added strips of meat, fish, tofu or nuts and Chinese noodles

Lamb and vegetable kebabs with boiled rice and a green salad

Homemade beef or veggie burger served in a bread bun with your favourite vegetables and salad

Perfect Portions?

1. Do you have plenty of vegetables or salad on your plate?
2. Do you know when you've had enough food at mealtimes?
3. Do you feel uncomfortably full after a meal?



1. If you can answer yes to this well done so far, you're on the right track. Try to cover at least a third of your plate with vegetables or salad.
2. Knowing when your body has had enough to eat is an important part of getting the balance right.
3. If you do, it probably means you are eating too much or your portion sizes are too big. Check out the smart way to arrange your plate below.

Check out the advice below

Healthy Bodies

Worried about your body? You're not alone. Many other people worry too.

Don't forget that you are still growing and it is perfectly natural to go through changes in shape and body size.

Although it may seem trendy to be thin, keeping yourself too skinny can be bad for your health. If you're underweight because you are not eating enough, you could be missing out on vital nutrients which are essential for health.

A healthier shape for you

Regular exercise alongside regular healthy meals will improve your fitness, tone up muscle, help you to achieve a healthier shape, and make you feel better overall.

Some people find they struggle with their weight more than others - for all sorts of reasons. Whether you feel you need to lose or gain weight, or just tone up, get some advice from those around you, including parents, guardians, teachers, your school nurse or family doctor. Support really helps. You can also find more information at:

www.teenweightwise.com



Smart snacking

Fact: It's ok to snack – just so long as you maintain a healthy balance of foods and get active.

As a teenager, it's natural to feel hungry between meals. The key to healthy snacking is down to the foods you choose and not just nibbling all the time. No snack should be off limits just because it's seen as bad for you. It's more important to have a wide range of different snacks at regular times.

If you eat a lot of stuff from vending machines, watch out! Try to replace some high fat, sugar and salty snacks like crisps, chocolate and fizzy drinks with fresh or dried fruit more often. Save cash by packing fruit from home each morning.

Good ideas for snacks:

Bowl of breakfast cereal with milk	✓
Toast with peanut butter	✓
Vegetable sticks with dips	✓
Houmous and pitta fingers	✓
Yogurt or yogurt drinks	✓
Glass of milk	✓
Fruit smoothie	✓
Bowl of vegetable soup	✓
Beans on toast	✓
English muffins	✓
Homemade popcorn	✓
Toasted bagel or crumpet	✓
Grab and go snacks	
Fresh or dried fruit	✓
Cereal bars	✓
Mixed nuts	✓
Malt loaf	✓
Hot cross bun	✓



Where to go for more information:



Kellogg's



www.teenweightwise.com
www.kelloggs.co.uk/health
www.eatwell.gov.uk
www.bhf.org.uk
www.nutrition.org.uk
www.teenagehealthfreak.org
www.kidnetic.com
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The BDA is the professional association for registered dietitians working in the UK. For more information on the BDA and its Food First campaigns visit our website at www.bda.uk.com/weightwise.html

For more information and practical advice on weight management visit www.teenweightwise.com

More copies of this leaflet can be obtained by calling the Kellogg's Careline UK 0800 626 066, ROI 1800 626 066

More copies of other Weight Wise materials can be obtained by calling John McCormick & Co. Ltd. on 0141 429 4222 or by downloading an order form from www.bda.uk.com/weightwise.html

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