

We're Talking About YOU.

That's right, you. It's no secret that you're **changing**. The way you look, feel, dress, even think about things is probably different now than it was a year or even a few months ago. That's okay. In fact, it's absolutely, positively, perfectly **NORMAL**.

This magazine is all about helping you discover how to **be your best** as your body grows and changes. Inside you'll find all sorts of interesting bits and bites about growing, eating, and being active during your **very important teen** years. But what it all comes down to is choice. It's **your choice** to make the decision to choose the foods and physical activities that are right for your body now and (surprise!) the years to come. This magazine will help you keep doing the right things.

It's easy to get in the habit of making



healthful choices that fit your lifestyle. These five tips will help get you started:

BE REALISTIC: Make small changes over time in what you eat and the level of activity you do. Small steps work better than giant leaps.

BE ADVENTUROUS: Expand your tastes to enjoy a variety of foods.

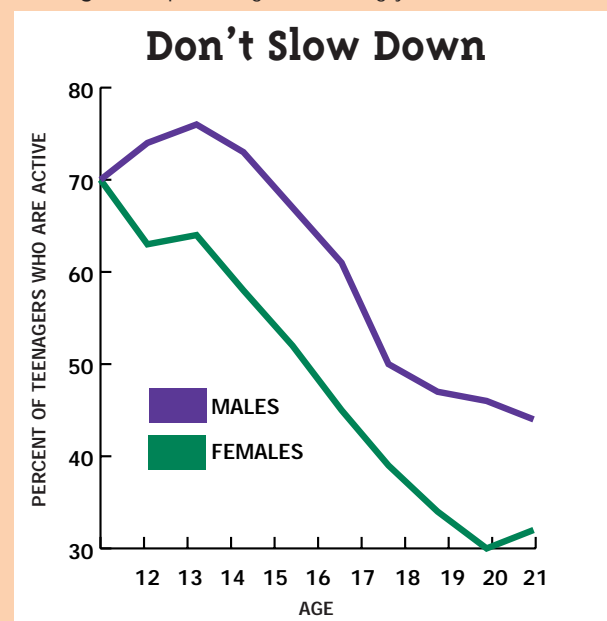
BE FLEXIBLE: Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.

BE SENSIBLE: Enjoy all foods, just don't overdo it.

BE ACTIVE: Walk the dog, don't just watch the dog walk.

You're On The Move!

Here's proof that teens your age are active—but many stop being active as they get older. You need to **keep moving** to keep looking and feeling your best!



Percent of adolescents and young adults who participate regularly in vigorous physical activity.

You're In The Know

Here's how teens from around the country stack up when it comes to nutrition smarts:

98% of teens recognize the importance of eating plenty of fruits, vegetables, and high-fiber foods.

80% can name at least three of the five food groups

65% say eating habits can affect future health

Okay, now how much do *you* really know?

What percentage of girls do you think get **ENOUGH** calcium?

What percentage of teens your age eat too much fat?

ANSWERS:

Only 30% of girls get **ENOUGH** calcium. 90% of teens eat too much fat.

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Team Nutrition is:

an educational initiative—delivered in schools, through the media, at home, and in the community—to motivate and empower schools and families to serve meals that meet the Dietary Guidelines, and to support students in developing a healthy pattern of food choices.

Credits

Intro: © 1996 The Dietary Guidelines Alliance; International Food Information Council; CDC 1992 National Health Interview Survey/Youth Risk Behavior Survey.

p.5: Growth Charts are from the National Center for Health Statistics, CDC (revised 1998) Teaching concept: O'Dea, JNE 28:293A, 1996.

p.12: Activity Pyramid adapted from Park Nicollet Foundation.

Food photographs are FOOD MODELS, courtesy of the National Dairy Council®.

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