

Eat Right • Move More • Feel Great

BOD4TEENSWORKS



U.S. Department of Health and Human Services
Office on Women's Health

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BodyWorks 4Teens is a publication of the Office on Women's Health (OWH) in the U.S. Department of Health and Human Services. Learn more about OWH and its programs at www.womanshealth.gov. For more information on girls' health, go to the OWH Web site www.girlshealth.gov.

A healthy teen girl is...



"Someone who is physically and mentally fit. For me, it means rowing and playing soccer, eating fruits and vegetables, and having good friends to talk to."

—Kathleen, age 14



"Someone who exercises and is really well balanced."

—Yolanda, age 14



"Someone who is secure, confident, and balanced with school and other activities. She feels good about herself."

—Emily, age 15



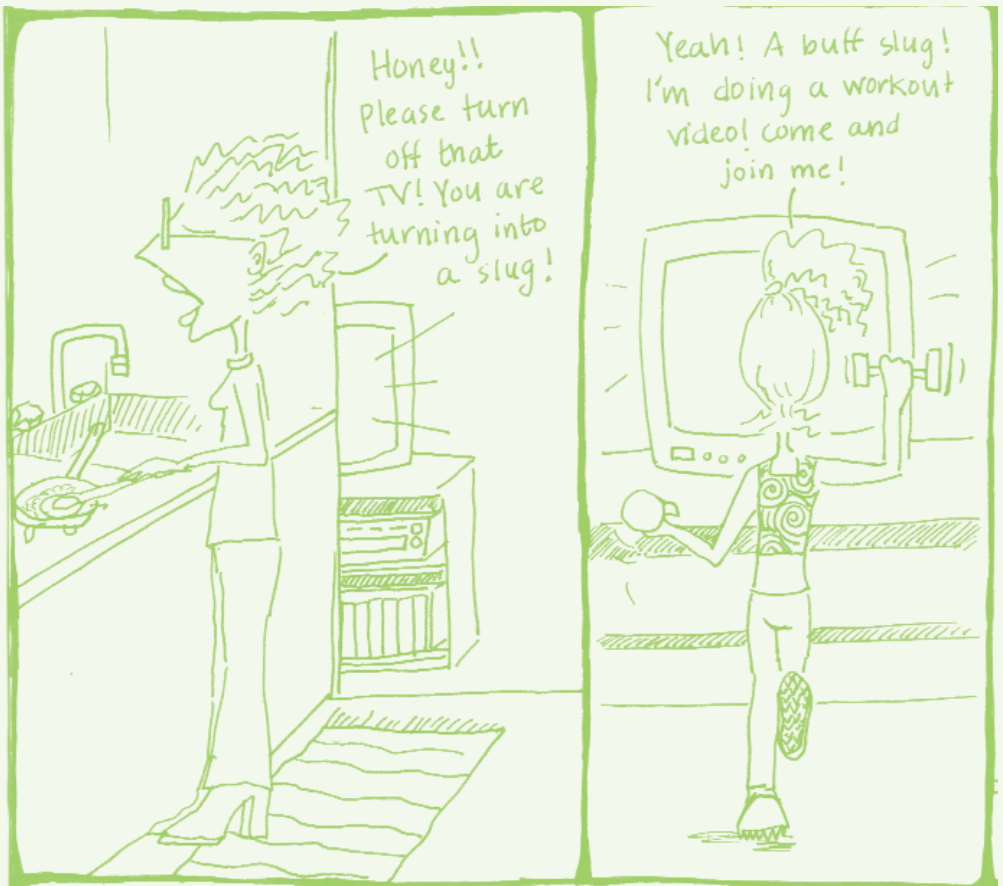
"Someone who can control her own life and make choices on her own."

—Shonali, age 14

Thinking About...

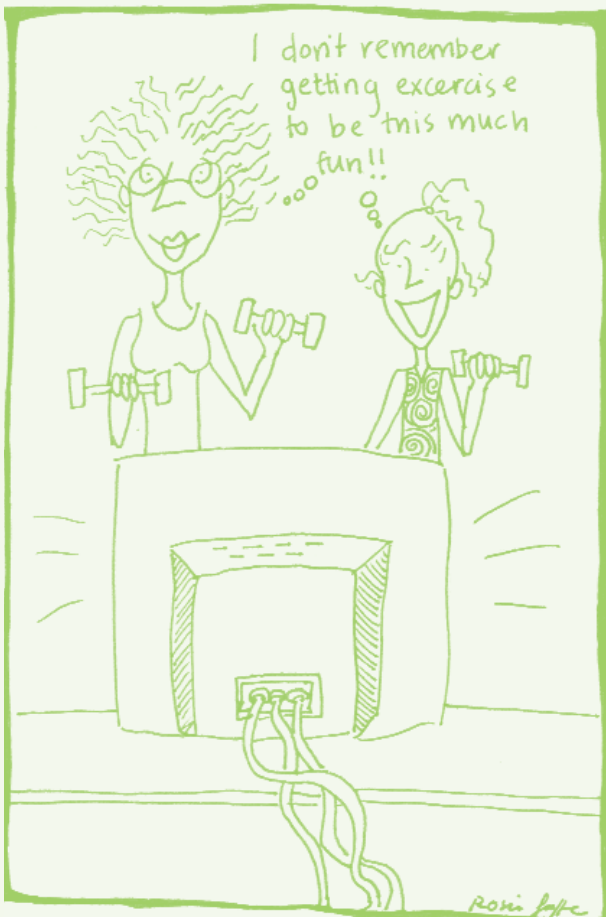
Healthy eating and exercise

Have you ever thought about your eating and exercise habits? Did you ever wonder if you could change some things in your daily life to be a little healthier? If so, *BodyWorks 4Teens* is for you.



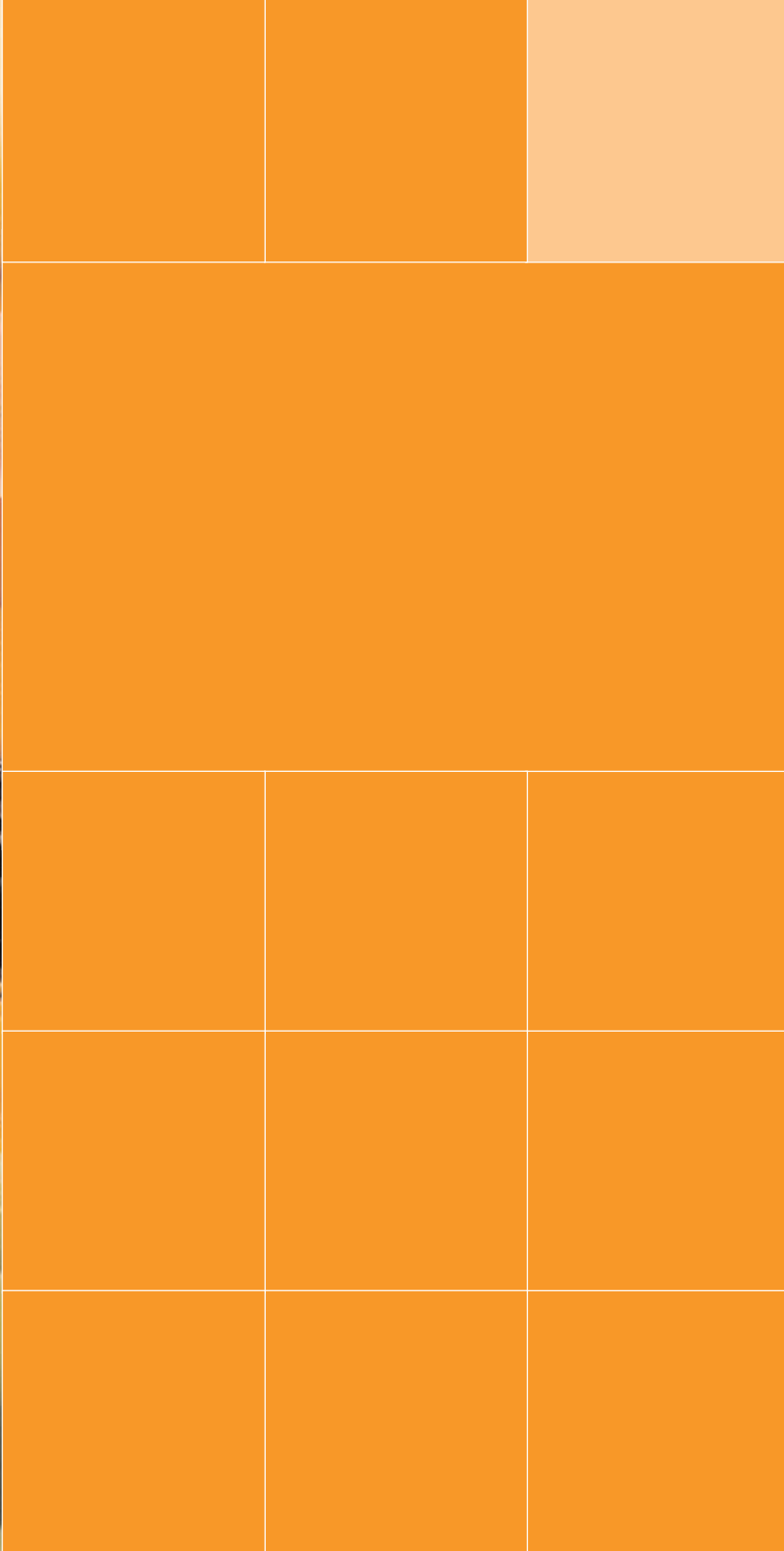
Why *BodyWorks 4Teens*?

Feeling good, looking your best, and having lots of energy are just some of the pluses of eating healthy foods and exercising. You'll learn more about these topics by reading *BodyWorks 4Teens*. It's not about being perfect, or changing every habit right away. Small changes make a big difference, and *BodyWorks 4Teens* can tell you how.



Why Healthy Foods?





Food Quiz

On a typical day, do you eat or drink...

1 Fruit (fresh, frozen, or canned)?

Never Sometimes Usually Always

2 Vegetables (fresh, frozen, or canned)?

Never Sometimes Usually Always

3 Milk and milk products (examples: low-fat or fat-free milk, yogurt, or cheese)?

Never Sometimes Usually Always

4 Whole grain foods (examples: oatmeal, brown rice, popcorn, and whole grain breads, pastas, or crackers)?

Never Sometimes Usually Always

5 High-protein foods (examples: lean meats, chicken, turkey, fish, tofu, beans, eggs, and nuts)?

Never Sometimes Usually Always

6 Candy, cookies, chips, and fast foods?

Never Sometimes Usually Always

7 Soda (pop)?

Never Sometimes Usually Always

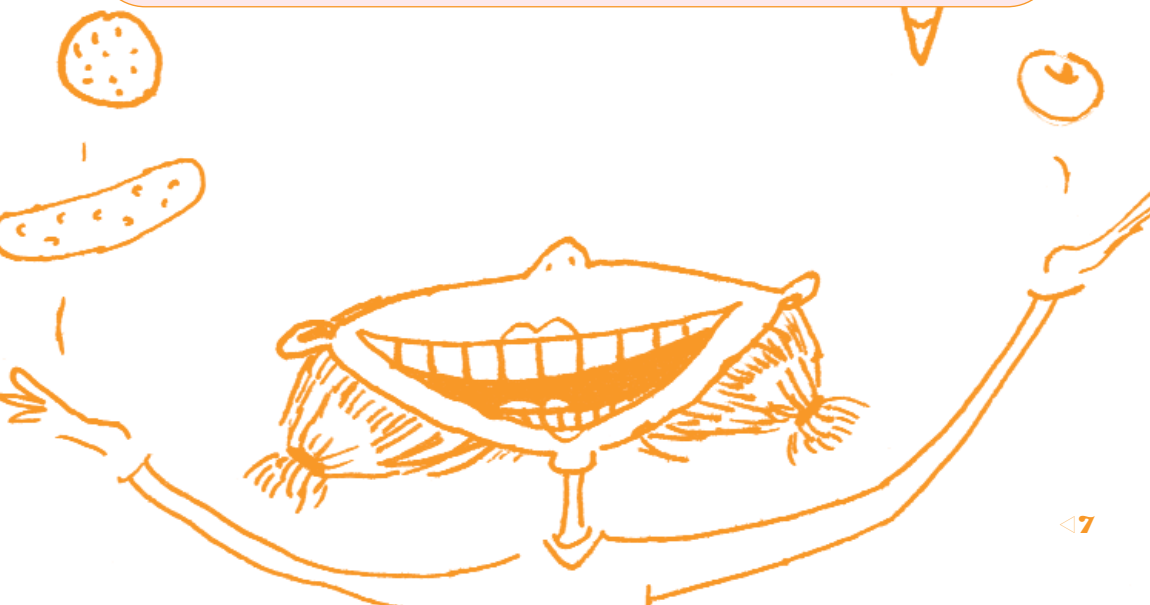
What it all means

Teen girls need to eat a good mix of foods each day. These **everyday** foods are:

- ◆ Fruits.
- ◆ Vegetables.
- ◆ Low-fat or fat-free milk or dairy foods like low-fat yogurt and cheese.
- ◆ Whole grain foods like oatmeal and brown rice.
- ◆ High-protein foods like poultry and fish or beans and tofu.

Some foods and drinks are treats to have **once in awhile**. This is because they may have a lot of extra sugar, salt, and fat. Examples include:

- ◆ Candy.
- ◆ Cookies.
- ◆ Chips.
- ◆ Sodas.
- ◆ French fries.
- ◆ Onion rings.



Daily Eating Plan

Food group	What teen girls need in a day
Fruits	2 cups (4 servings)
Vegetables	2 1/2 cups (5 servings)
Milk or dairy foods low-fat or fat-free milk, yogurt, or cheese	3 cups <i>Example: 1 cup of milk = 1 1/2 ounces of natural cheese or 2 ounces processed cheese</i>
Whole grains whole wheat, oatmeal, corn, brown rice	3 ounces
Proteins lean meats, chicken, turkey, fish, beans, peas, nuts (peanut butter), seeds	5 1/2 ounces
Fats, salt, sugars	Limit

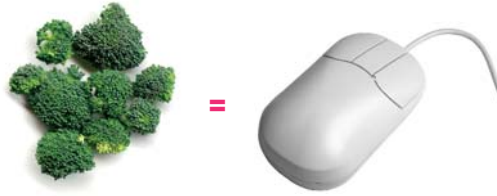
Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.

How much is a serving?

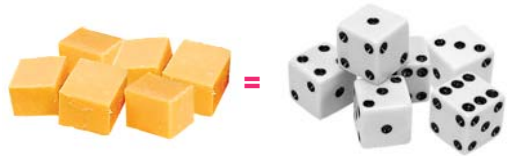
Fruit: 1 medium fruit is equal to the size of a baseball.



Vegetables: 1/2 cup, which looks like a small computer mouse.



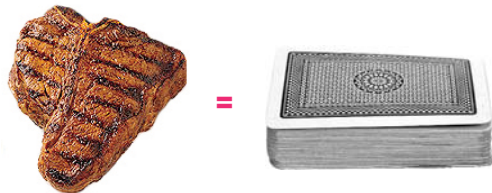
Cheese: 1 1/2 ounces, or the size of six dice.



Pasta: 1/2 cup, which looks like a small computer mouse.



Fish or meat: 2 to 3 ounces is the size of a cassette tape or a deck of cards.



Source: U.S. Department of Agriculture, Food and Nutritional Service.

Power Foods

Foods contain nutrients that help you look and feel your best, and grow healthy and strong.

Nutrients	Benefits	Some Food Sources
 Vitamin A	<ul style="list-style-type: none">- Good vision.- Healthy skin and hair.- Helps you grow.	<ul style="list-style-type: none">- Fortified cereals (cereals that have vitamin A added to them)- Cantaloupe- Dark green leafy vegetables like spinach- Carrots, sweet potatoes, pumpkin
 Vitamin C	<ul style="list-style-type: none">- Healthy bones, gums and teeth.	<ul style="list-style-type: none">- Strawberries, grapefruits, oranges, melons, mangos, tomatoes- Broccoli, red sweet peppers, cauliflower, sweet potatoes
 Vitamin E	<ul style="list-style-type: none">- Protects body cells.	<ul style="list-style-type: none">- Nuts (almonds, hazelnuts, peanuts)- Vegetable oils
 Calcium	<ul style="list-style-type: none">- Strong bones and teeth.	<ul style="list-style-type: none">- Low-fat or fat-free milk, yogurt, cheese- Calcium-fortified cereals and juices- Calcium-fortified soymilk and tofu
 Folate <i>(also called folic acid)</i>	<ul style="list-style-type: none">- Healthy heart.- Helps your body make red blood cells.- Especially important during pregnancy—may reduce risk of having a child with brain or spinal cord defect.	<ul style="list-style-type: none">- Cooked, dry beans- Peas- Peanuts- Oranges, orange juice- Dark-green leafy vegetables like spinach- Fortified cereals- Enriched grain products

Nutrients	Benefits	Some Food Sources
 <p>Fiber</p>	<ul style="list-style-type: none"> - May help reduce risk for coronary heart disease. - Helps make you feel full and keep regular. 	<ul style="list-style-type: none"> - Beans - Ready-to-eat bran cereals - Sweet potatoes and baked potatoes with skin - Small fresh pears and apples with skin
 <p>Magnesium</p>	<ul style="list-style-type: none"> - Helps contract and relax muscles. 	<ul style="list-style-type: none"> - Ready-to-eat bran cereals - Spinach - Almonds, cashews, and pine nuts - Halibut fish
 <p>Iron</p>	<ul style="list-style-type: none"> - Helps red blood cells carry oxygen to different parts of the body. This helps produce energy. - Lack of iron in red blood cells (called anemia) can make you feel weak and tired. 	<ul style="list-style-type: none"> - Beef - Clams, oysters, shrimp, and canned sardines - Spinach
 <p>Potassium</p>	<ul style="list-style-type: none"> - Helps muscles work. 	<ul style="list-style-type: none"> - Baked white or sweet potatoes - Cooked spinach - Winter (orange) squash - Bananas and plantains - Many dried fruits - Oranges and orange juice - Cantelope and honeydew melons

Test Your Nutrition Smarts

1 True or False: Kids who eat a healthy breakfast tend to do better in school than those who skip it and don't eat until lunch.

2 True or False: Teen girls need more calories than teen boys.

3 About how much sugar is in a can of cola?

- A** Three teaspoons
- B** Five teaspoons
- C** Seven teaspoons
- D** Nine teaspoons

4 What counts as a serving of bread?

- A** One slice
- B** Two slices
- C** Four slices
- D** One loaf

5 True or False: Skipping meals, fasting, and not eating whole groups of foods (like grains) are not healthy ways to lose weight.

Answers

1 True 2 False 3 D 4 A 5 True



Calcium word find

Circle the terms listed below in the Word Bank. All are foods that contain calcium, a nutrient that helps build strong, healthy bones.

C	S	F	T	N	A	C	A	M
H	H	E	D	L	N	L	M	E
E	H	E	I	O	G	U	T	S
C	M	M	D	A	E	R	B	E
I	A	I	K	D	U	N	T	E
U	N	L	L	G	A	O	O	H
J	I	E	O	K	F	R	A	C
E	P	Y	R	U	O	F	L	D
G	S	A	L	M	O	N	C	N
N	U	C	V	T	N	U	D	A
A	P	U	D	D	I	N	G	S
R	O	F	L	A	S	H	C	A
O	L	O	C	C	O	R	B	M

Word bank: Bread, Cheese, Milk, Tofu, Pudding, Salmon, Yogurt, Orange Juice (with added calcium)

Check the labels to find out how much calcium is in different foods. Look for "Percent Daily Value" (written as %DV or % Daily Value). It's a number that tells you if there is a lot or a little of a nutrient in a serving. Five percent or less of a nutrient, like calcium, in a serving of food is low; and 20 percent or more is high.

How Does Nutrition Really Affect Your Health?

Find out the answers to common questions about food and eating habits.

— Answers provided by Jessica Donze-Black, R.D., M.P.H.

Q *Does eating pizza or chocolate give you pimples?*

A Generally, food is not what causes acne or bad skin. However, it is always a good idea to drink plenty of water, eat lots of fruits and vegetables, and limit excess fat.

Q *How does caffeine affect your energy level?*

A You can find caffeine in drinks like soda, tea, and coffee. Caffeine makes everything in your body speed up. Your heart beats faster and you can feel more “awake.” Once it wears off, you may feel like you have even less energy than before. To boost your energy level, get enough sleep and skip the caffeine.

Q *Are there foods that make you feel lazy?*

A The main reason for feeling sluggish after a meal is the amount you eat. One trick to avoid eating too much is to eat slowly. It takes your brain some time to register that you’ve eaten and tell you to take a break.





Q *Do I need to drink eight glasses of water a day?*

A It is important to drink plenty of fluids during the day. Exactly how much you need depends on a lot of things. If it is hot or you're exercising and sweating a lot you'll need to drink more. If you eat a lot of fruits and vegetables (water-rich foods) you'll need less.

Q *Is it true that you should not eat after 8 p.m.?*

A There is no magic time to stop eating. If your life is too busy to eat dinner before 8 p.m., it's okay to eat after that time. Or, if you're hungry because you haven't eaten enough that day, grab a healthy snack like a glass of low-fat or fat-free milk or yogurt. Sometimes we crave food when we're tired and want to stay awake. In that case, head for bed and leave eating for the morning.

What is a Healthy Weight?



Teen girls' bodies are growing and changing. Before age 11 or 12, girls may start to get taller and heavier and have more fat around their hips, waist, and breasts. This is a normal part of growing.

Talk to a doctor, school nurse, or other health professional if you're worried about your weight. They can help you find the best way to reach and keep a weight that is healthy for you.

To reach and keep a healthy weight

- ◆ Eat foods from different food groups (fruits, vegetables, milk, grains, meat and beans) in the right amounts.
- ◆ Be physically active for about an hour on most days.



DiETING IS NOT THE ANSWER

Diet don'ts

- ◆ Don't skip meals.
- ◆ Don't go on very low-calorie "starvation diets."
- ◆ Don't avoid whole groups of foods (like grains) or limit yourself to only a few foods.
- ◆ Don't make yourself vomit.

Why should you avoid them

Because . . .

- ◆ Missing meals often leads to overeating at later meals.
- ◆ It's not likely you'll keep weight off in the long term. Also, you'll miss out on important nutrients your body needs.
- ◆ You may gain even more weight—depriving yourself of foods you like often leads to overeating or binging. You'll also miss out on important nutrients.
- ◆ Vomiting can keep your body from absorbing the nutrients you need for good health. In particular, your body can't take in electrolytes, which affect the functioning of your heart.

Why Physical Activity?





2

Swimming, dancing, skating, playing soccer, or riding a bike are all examples of physical activity. In other words, it's an activity that gets your body moving and using up energy.

Physical activity is fun and is something you can do with friends. It can also help you...

- ◆ Feel less stressed.
- ◆ Boost your self confidence.
- ◆ Feel more ready to learn in school.
- ◆ Keep a healthy weight.
- ◆ Build and keep healthy bones, muscles, and joints.



Physical Activity Quiz

1 What physical activities do you do now? (Check all that apply).

- Team sports *(example: volleyball, soccer, basketball)*
- Biking
- Dancing
- School P.E. Class
- Walking
- Gymnastics
- Martial arts
- Rollerblading
- Skating
- Hiking
- Swimming
- Yoga
- Running (jogging)
- Other _____
(fill in one or more activities)

2 How many days do you exercise during a typical week?

- Every day
- 5-6 days
- 3-4 days
- 1-2 days
- 0 days

3 On a typical day, how much time do you spend doing physical activities?

- About 60 minutes
- 30-60 minutes
- 20-30 minutes
- Less than 20 minutes
- 0 minutes

What it all means

- 1** The key is to pick physical activities you like to do and choose a few different options so you don't get bored.
- 2** Aim to exercise most days of the week. If you're not very active right now, start slowly and work your way up to being active every day.
- 3** Try to exercise for one hour (60 minutes) on most days. If you're not physically active for 60 minutes straight, it's okay to exercise for 10 or 20 minutes at a time throughout the day.



Work It

Physical activity ideas

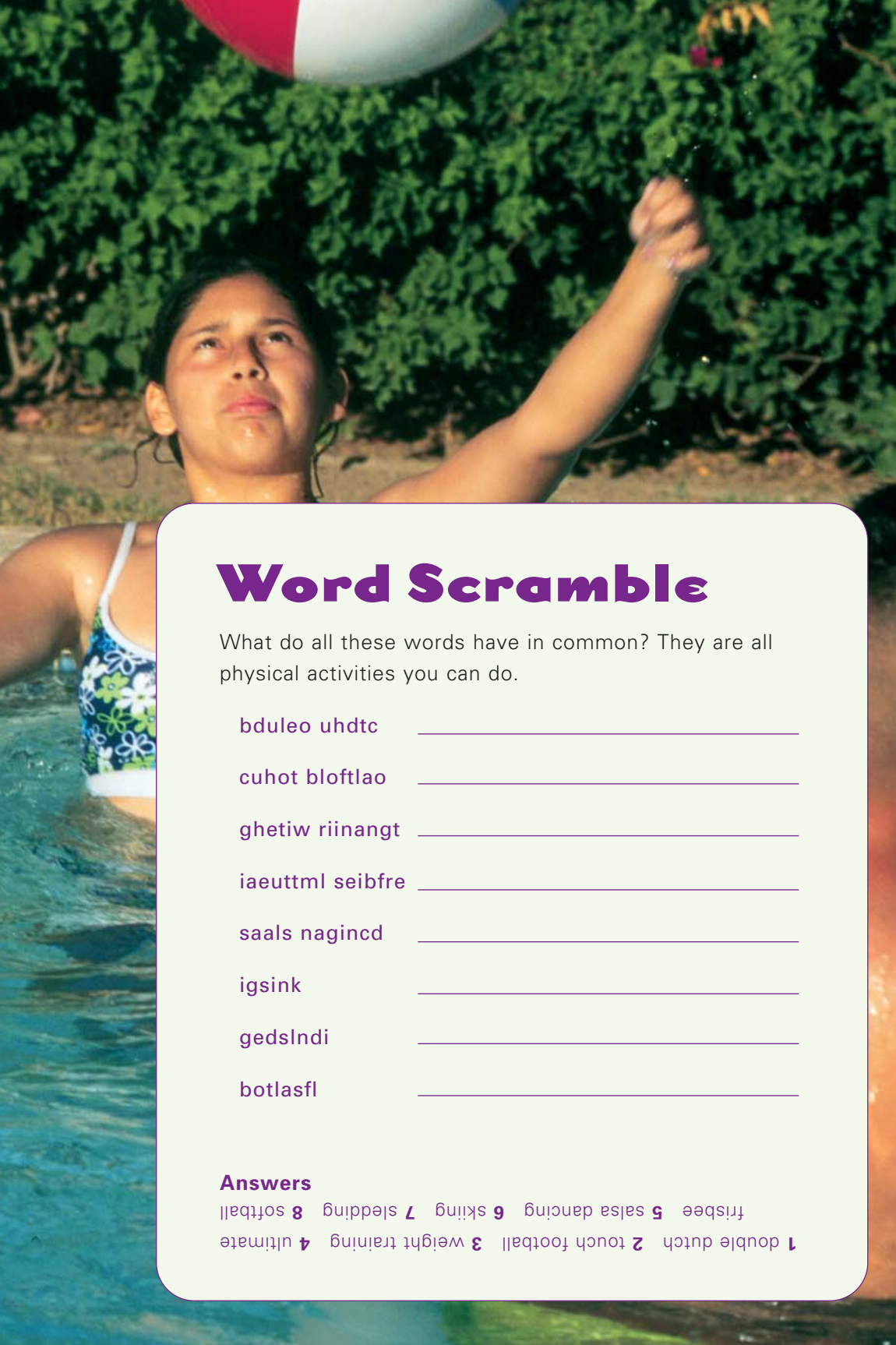
There are three different levels of physical activity. All activities are good for your health. Vigorous activity is best for getting and staying fit.

Activity	What is it?
Light <ul style="list-style-type: none">◆ Not sweating◆ Not breathing hard	Slow walking or dancing, yoga, ping pong, bowling.
Moderate <ul style="list-style-type: none">◆ Breaking a sweat◆ Can talk but can't sing	Dancing, swimming, walking fast, biking, mowing the lawn.
Vigorous <ul style="list-style-type: none">◆ Sweating◆ Breathing hard◆ Can't talk or sing	Jogging, high-impact aerobic dancing, biking uphill, swimming laps.

Also try fitting in...

Type	What is it?	Why do it?
Resistance exercise (2 or more days each week)	Weight-training using weight machines and resistance bands.	<ul style="list-style-type: none">◆ Increases strength◆ Builds muscles
Weight-bearing exercise	Walking, running, hiking, dancing, gymnastics, soccer, and other activities that work bones and muscles against gravity.	<ul style="list-style-type: none">◆ Makes bones stronger

Source: U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.



Word Scramble

What do all these words have in common? They are all physical activities you can do.

bduleo uhdte _____

cuhot bloftlao _____

ghetiw riinangt _____

iaeuttml seibfre _____

saals nagincd _____

igsink _____

gedsln di _____

botlasfl _____

Answers

1 double dutch 2 touch football 3 weight training 4 ultimate frisbee 5 salsa dancing 6 skiing 7 sledding 8 softball

Get Ready





Making small changes to eat healthy foods or be physically active is a great way to help you feel good and have more energy.



Start Small

Just start with a few small changes you're most willing to do. The list below can help. **Check off the small changes or goals that appeal to you.**

- Eat more fruits and vegetables
- Exercise for an hour each day
- Eat fewer sweets
- Turn off the TV when eating meals and snacks
- Drink less soda
- Drink low-fat or fat-free milk
- Drink more water
- Eat low-fat or fat-free yogurt or cheese
- Eat breakfast most days of the week
- Eat more whole grain foods (such as whole wheat bread, pasta, or crackers; oatmeal; or brown rice)
- Other _____

(fill in the blank)

Now take action. Put it in writing.

Pick your top two goals from your list and answer the questions below for each.

1 What is your goal?

2 Why did you choose this goal?

3 Who can help you reach your goal? (Choose one or more options.)

Friends

Family

Other

_____ (fill in the blank)

4 How will you get started?

5 How will you reward yourself when you reach your goal?

6 When will you get started?

(month and day)



Sample answers

1 What is your goal?

To eat fewer sweets.

2 Why did you choose this goal?

I eat at least two chocolate bars every day.

3 Who will help you reach your goal?

*Family
Friends*

4 How will you get started?

Pack a lunch from home so I won't eat chocolate from the school vending machine.

5 How will you reward yourself when you reach your goal?

Go to a movie with my friends.

6 When will you get started?

Monday, January 31st.

Keeping a food and exercise diary

Writing in a diary is a good way to get to know your eating and exercise habits. It can also help with the small changes you may want to make.

The next page has a sample to get you started.

Here are some hints:

- ◆ Write things down as soon as possible.
- ◆ Write down everything you eat, even if it's just one cookie.
- ◆ Be honest. A journal is meant to help you, not judge you.
- ◆ Include drinks.
- ◆ Write down how you were feeling. It can help you figure out if you ate because you were hungry or for other reasons.



October 2005

8

Sunday

Monday

Tuesday

Breakfast

2 hardboiled eggs,
1 piece of toast,
1 glass of orange juice

mood

tired

mood

mood

Lunch

Chicken breast
sandwich on wheat
bread, carrot sticks,
low-fat yogurt,
1 glass water

mood

energetic

mood

mood

Dinner

Spaghetti and meat
balls, 2 pieces of garlic
bread, vegetable salad,
1 glass low-fat milk, 1
slice apple pie

mood

calm

mood

mood

Snacks

1 apple, 5 chocolate
chip cookies

mood

stressed & moody

mood

mood

**Exercise
(type & amount
of time)**

30 minutes walking
and 30 minutes
basketball

mood

mood

EXAMPLE

What's Stopping You?



Exercising

What's getting in the way?

Rather watch TV or be on the computer.

Too tired, no energy.

No time.

Healthy ideas

"Exercise with a group of people so it's easier...It's fun and you make close friends."

—Annie, age 15

"Once you start exercising, your energy level goes up so you won't have that problem anymore."

—Yolanda, age 14

"It's important to be a balanced, healthy person. Try to balance school and exercise so you can make the time."

—Emily, age 15



Eating healthy foods

What's getting in the way?

Don't taste good.

Take too much time to make.

There's junk food in the house so it's easy to eat.

Healthy ideas

"Celery with peanut butter tastes really good and it's healthy."

—Kathleen, age 14

"You can eat raisins and peanuts instead of potato chips. That doesn't take long."

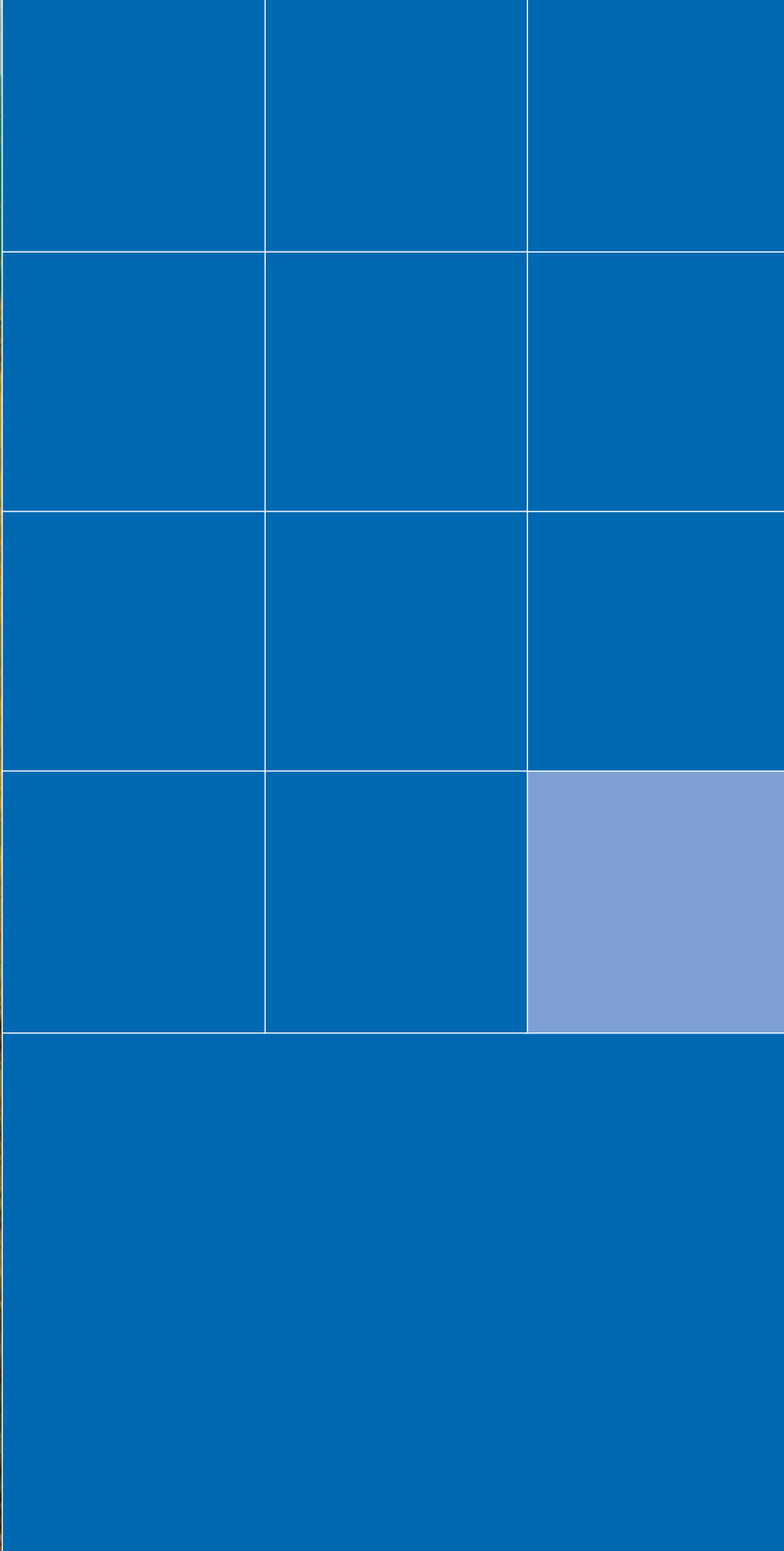
—Yolanda, age 14

"If you have a healthy balance of foods, you can have that treat once in awhile."

—Deliah, age 15

Take Action



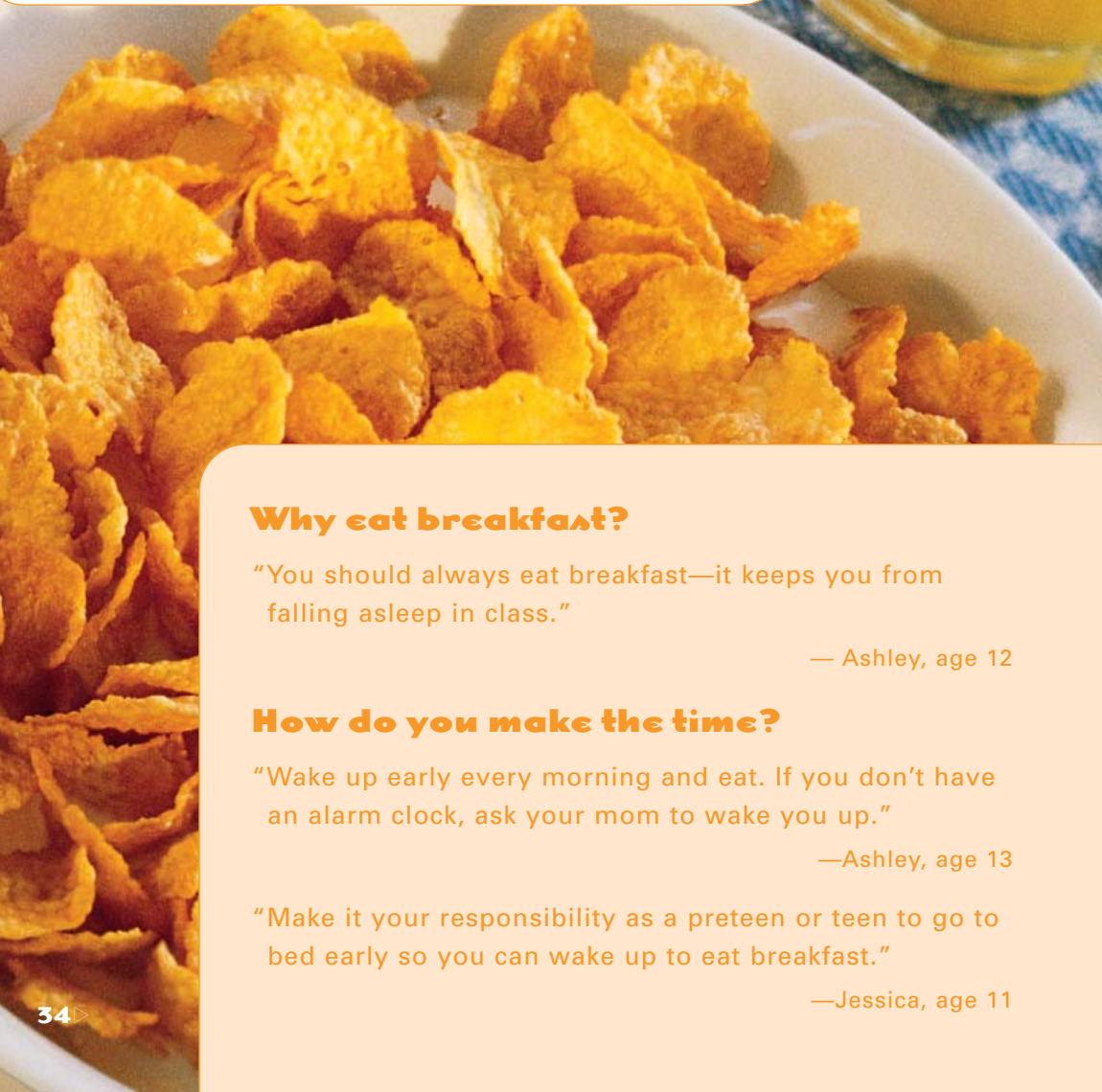


Breakfast Boost

Eating breakfast gives you energy to start the day.

Breakfast ideas:

- ◆ Bowl of instant oatmeal and a piece of fresh fruit.
- ◆ Whole wheat pita stuffed with sliced hard-boiled eggs.
- ◆ Frozen whole grain waffles topped with low-fat yogurt and a piece of fresh fruit.



Why eat breakfast?

“You should always eat breakfast—it keeps you from falling asleep in class.”

— Ashley, age 12

How do you make the time?

“Wake up early every morning and eat. If you don’t have an alarm clock, ask your mom to wake you up.”

—Ashley, age 13

“Make it your responsibility as a preteen or teen to go to bed early so you can wake up to eat breakfast.”

—Jessica, age 11

Think About a Bag Lunch

Long cafeteria lines, food you're not crazy about, and short lunch periods. These are some of the reasons teens say they skip lunch or grab snacks from the vending machine. If this sounds familiar, think about packing a bag lunch.

Lunch ideas

- ◆ Turkey sandwich on whole wheat bread with mustard, baked potato chips, a pear, and red pepper slices.
- ◆ Chicken slices on pita with lettuce, tomato, cucumber, and low-fat mayonnaise plus a fruit cup, pretzels, and fig bars.
- ◆ Pasta salad with tomatoes, cucumbers, and low-fat Italian dressing with a hardboiled egg and an apple.
- ◆ Peanut butter and banana sandwich on whole wheat bread with carrot sticks, apple sauce, and an oatmeal raisin cookie.

Snack smart ideas

- ◆ Fruit.
- ◆ Veggies with low-fat or fat-free dip.
- ◆ Low-fat yogurt.
- ◆ Baked potato chips.
- ◆ Baked tortilla chips with salsa.
- ◆ Pretzels (lightly salted or unsalted).
- ◆ Flavored rice cakes (caramel or apple cinnamon).
- ◆ Popcorn (air popped or low-fat microwave).
- ◆ Low-fat string cheese.

Are Family Meals Healthy?



Did you know that kids who eat meals with their families eat more fruits, vegetables, and other healthy foods? Yet these days, many families are busy and don't eat together much.

Monet Griffin, age 15, often eats meals with her family. Monet talked to her mom, Elvira Robinson, about family meals and how girls can get their families to eat together more.

Q *Why do you think families should eat together?*

A We have a high regard for family. We make it our business to set aside meal time and come together to share our thoughts. We talk about what went on in our day, and anything that may be going on in our lives.

Q *A lot of families don't eat together these days. Why do you think that is?*

A I think it is because people have lost the sense of family and how important it is for families to be closely knitted.

Q *Did you eat together with your family when you were my age?*

A Yes I did, but, it was a little different. My parents had a set time for meals that applied to everybody. Our parents always said that eating together helped to build family ties.

Q *What could a girl my age do to help her family to try and eat together sometimes?*

A A girl your age could surprise her family one evening by making a meal (something simple), setting the table, and getting everyone seated and enjoying a meal together. She might be surprised at the response.

Fast Food Tips

- ◆ Order garden or grilled chicken salads with low-fat dressings.
- ◆ Limit fried foods (french fries, onion rings, or fried chicken and fish).
- ◆ Choose grilled chicken.
- ◆ Order a plain burger without cheese and bacon.
- ◆ Buy the smallest sandwich on the menu.
- ◆ Use mustard or ketchup, which have less fat than mayonnaise.
- ◆ Order water or low-fat or fat-free milk.
- ◆ Pick vegetable toppings for your pizza, such as peppers, mushrooms, onions, and tomatoes. Or, try pizza without cheese.



Pick the low-fat choices

1 <input type="checkbox"/> Grilled chicken sandwich	or	<input type="checkbox"/> Fish fillet sandwich
2 <input type="checkbox"/> Bacon cheeseburger sandwich	or	<input type="checkbox"/> Lean roast beef sandwich
3 <input type="checkbox"/> Turkey sub with mustard	or	<input type="checkbox"/> Tuna salad sub
4 <input type="checkbox"/> French fries	or	<input type="checkbox"/> Baked potato

Answers

1 Grilled chicken sandwich. Fast food fish fillet sandwiches tend to be fried so they're higher in fat, calories, and salt.

2 Lean roast beef sandwich. The bacon and cheese add extra fat, salt, and calories. If you go with the burger, try it plain with extra lettuce, tomato, and onions.

3 Turkey sub with mustard. A tuna salad sandwich usually is made with mayonnaise, which is higher in fat than mustard.

4 Baked potato. Since french fries are fried, they tend to be higher in fat than a baked potato. Just watch that you don't add too much butter, sour cream, or cheese.



A Healthy Mind = A Healthy Body

Feeling good about your body is just as important as eating healthy and physical activity. Why? Having a good image of your body helps build confidence and self esteem. In other words, it helps you be a healthy person.

Feeling good about your body means...

- ◆ Knowing that you are beautiful and unique.
- ◆ Accepting your natural body shape.
- ◆ Knowing that who you are has little to do with how you look.
- ◆ Saying no to unhealthy dieting, like skipping meals or eating very little.

What is an eating disorder?

An eating disorder is an extreme way of thinking about and behaving toward weight and food.

Eating disorders are common in girls and women and are serious health problems. They can include anorexia, bulimia, and binge eating disorder.

It's important to see a health care provider if you think you may have an eating disorder. For more information about eating disorders, including signs and symptoms, go to:

- ◆ www.girlpower.gov/girlarea/bodywise
- ◆ www.kidshealth.org/teen/your_mind
- ◆ www.nationaleatingdisorders.org
- ◆ www.girlshealth.gov



Dealing with Stress

There are lots of reasons why teens can feel stressed, including schoolwork, problems at home or at school, or even low self-esteem.

A little stress, like during a sports competition, can push you to do your best, but major stress can lead to health problems like depression or eating disorders.

Signs of Stress*

- ◆ Feeling down.
- ◆ Feeling tired.
- ◆ Headaches.
- ◆ Stomach aches.
- ◆ Sleeping problems.
- ◆ Laughing or crying for no reason.
- ◆ Blaming others.
- ◆ Negative attitude.
- ◆ Not enjoying your usual activity.
- ◆ Feeling overwhelmed.

* *Some of these signs are also linked to a more serious condition called depression. For more information about depression go to www.girlshealth.gov/mind/help.depression.*





Stress busters

- ◆ Exercise.
- ◆ Eat regularly (including snacks).
- ◆ Get enough sleep.
- ◆ Limit caffeine (soda often has caffeine).
- ◆ Take a break (example: listen to music, draw).
- ◆ Spend time with friends.
- ◆ Talk to someone you trust.

Eating and Feelings



For some people, eating is a way to deal with emotions such as stress, boredom, or sadness. Find out the answers to common questions about feelings and eating, known as “emotional” eating.

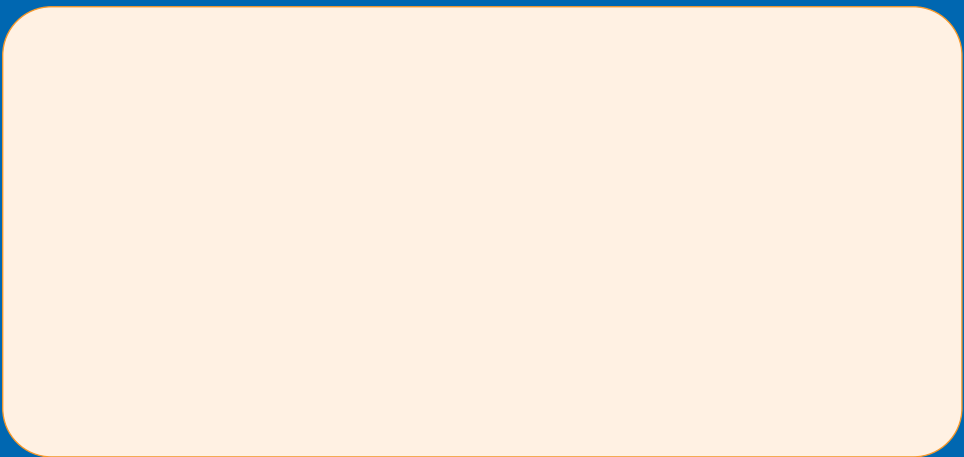
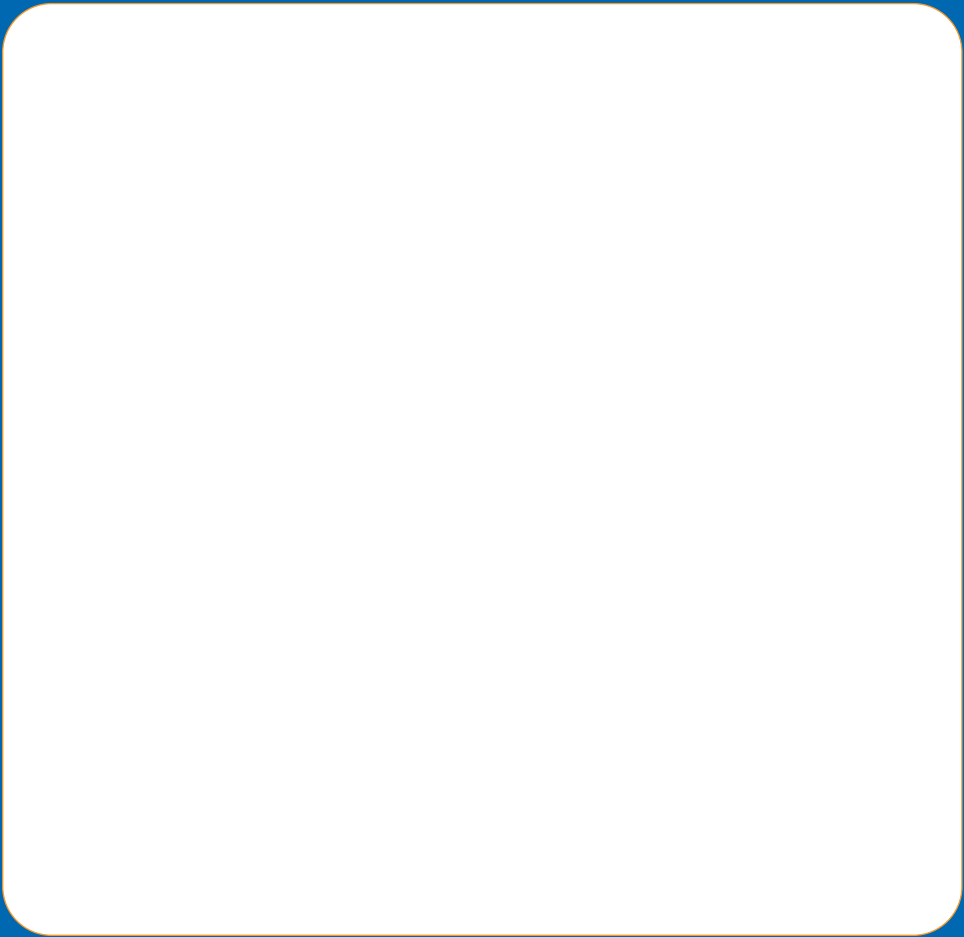
— *Answers provided by Carol Lynn Trippitelli, M.D.*

Q *How would a person know if she is eating for emotional reasons?*

A Keeping track of your eating habits and mood can help answer this question. If you’re worried about this issue, try writing down what you eat during the day. Also, write down what your mood was like each time you ate something. Include emotional stresses like exams or family problems. (See page 29 for an example).

Q *Can emotional eating be unhealthy?*

A Yes it can when it starts to get in the way of daily life or relationships with friends, family, and others. In some cases emotional eating can become binge eating disorder. This is a problem where a person eats very large amounts of food in one sitting and feels out of control while doing so (known as binging). Binge eating disorder is defined as binging at least twice a week for six months.



Dr. Trippitelli is a psychiatrist in private practice in Washington, D.C., and a Clinical Assistant Professor of Psychiatry at Georgetown University Hospital.

Look Around You





TV, Internet, movies, music, and magazines are all types of media many teens use every day. What you see, hear, and read in the media can affect the way you look at the world—and how you think of yourself.

5

Media Smarts

The “perfect” body: Is this for real?

The media is filled with pictures of perfect bodies. But is this how people really look? Not really. Think about it:

- ◆ Most runway models really weigh too little, which isn’t healthy.
- ◆ Many photos you see are air brushed to take out all wrinkles, pimples, sags, and bags.
- ◆ TV and movie stars have whole teams of people to cook their food, do their hair and makeup, and even help them stay in shape.



Teens see about 40,000 television ads every year. Most are for candy, cereal, and fast food.*

Companies use many ways to get you to take notice. Look at the food ads the next time you turn on your TV. How are things being sold to you?

- ◆ Telling you that using the product will make you popular or better looking.
- ◆ Using sports heroes and TV and movie stars.
- ◆ Showing kids who look older and more perfect than the kids/teens the ad targets.
- ◆ Making you feel good, like showing a father and son eating together.
- ◆ Using music and sound effects.
- ◆ Using cartoon characters.

* Adapted from "Common Advertising Strategies, Center for Media Literacy" and "Jump Start Teens," California Project Lean.

Source: Henry J. Kaiser Family Foundation. "The Role of Media in Childhood Obesity." February 2004.



Many foods are made over so they look good enough to eat on camera—even after a long photo shoot.

Here are just a few examples:

- ◆ Brown food dye, cooking oil, or even petroleum jelly (like Vaseline) can make burgers look juicy.
- ◆ White glue can replace milk so a bowl of cereal looks ready to eat for hours—without a soggy mess.
- ◆ A squirt of dish washing liquid can keep a cup of hot cocoa looking hot and bubbly.

Adapted from Consumer Reports for Kids, "Food Ad Tricks." Copyright © Consumers Union of U.S., Inc., 2000.



Reality Check

Take a look around your home and school and answer these questions.

At your home

What foods can you snack on at home? (check all that apply)

- Sweets
- Chips
- Fruit
- Veggies
- Low-fat or fat-free yogurt
- Low-fat or fat-free cheese
- Other _____

If you pack a lunch for school, what foods can you choose from at home? (check all that apply)

- Sandwich
- Leftovers
- Sweets
- Chips
- Low-fat yogurt
- Fruits
- Veggies
- Other _____

What is there to drink in your house? (check all that apply)

- Water
- Soda
- Fruit drinks
- Whole milk
- Low-fat or skim milk
- Other _____

Does your family eat meals together at home?

- Every day
- Sometimes
- Rarely
- Don't know

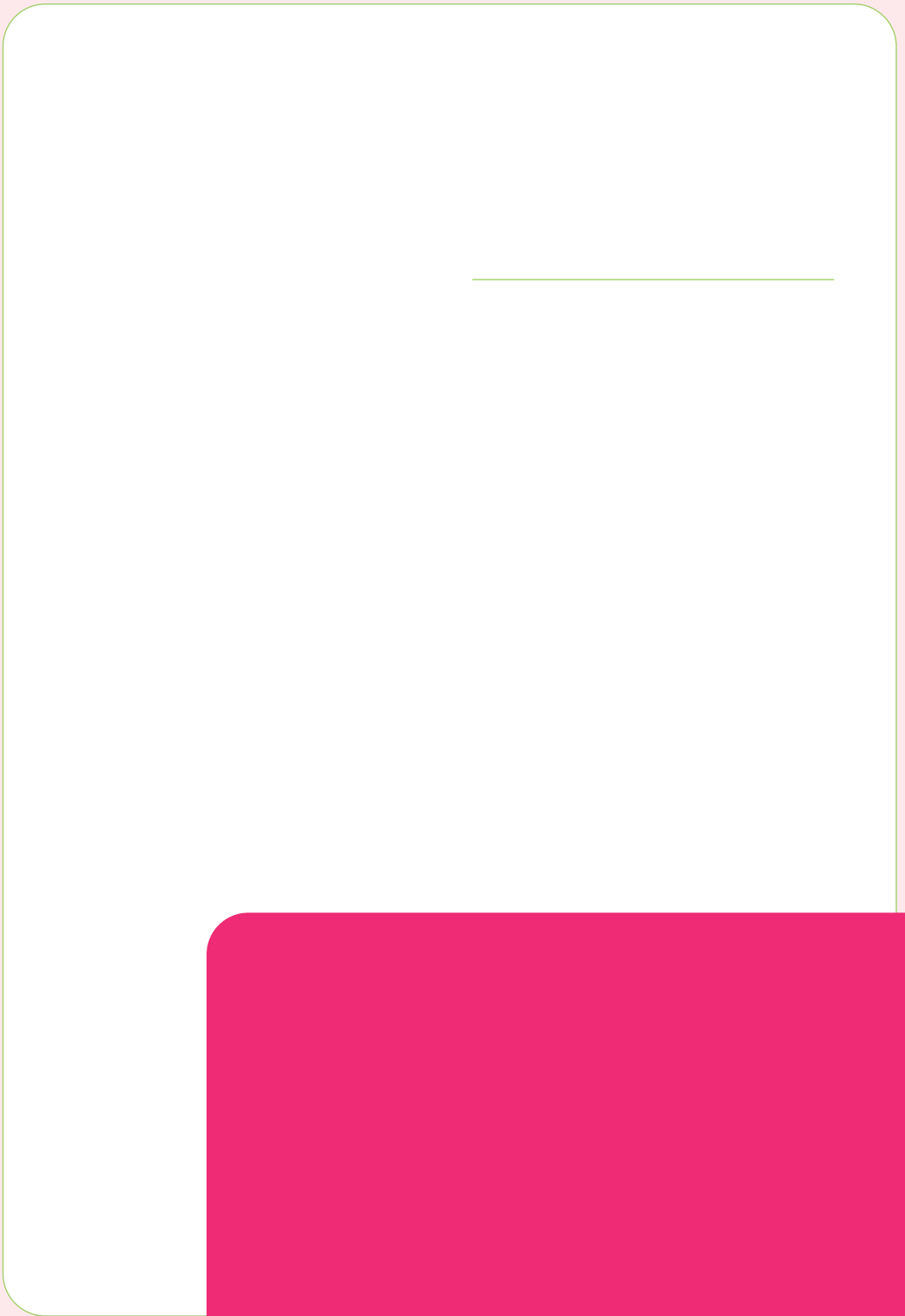
Do you have bikes, balls, jump ropes, or other sports equipment at home?

- Yes
- No

At your school

Does the cafeteria serve fruits and vegetables that look and taste good?

- Every day
- Sometimes
- Rarely
- Don't know



You Can Make a Difference

At home

Ask your parent or caregiver about...

- ◆ Adding healthy snack and bag lunch foods to the shopping list. Examples: fruit, veggies, low-fat or fat-free milk and yogurt, and sandwich fixings (whole wheat bread, turkey, and chicken breast).
- ◆ Eating some meals at home as a family when you can.
- ◆ Getting things like balls, bikes, or jump ropes to have on hand at home.

At school

Talk to a teacher, principal, or local school administrator about...

- ◆ Getting better food choices in the school cafeteria and vending machines.
- ◆ Getting more P.E. class time during school hours.
- ◆ Letting students use school sports equipment (jump ropes or balls) or gyms, weight rooms, or pools before or after hours.

Other ways to make changes at your school

- ◆ Organizing a student group.
- ◆ Passing out a student survey about food and physical activity.
- ◆ Writing letters to school principals or school administrators.
- ◆ Talking to local newspapers, TV, and radio stations.

For more information about making changes at your school, go to www.caprojectclean.org/teensactout.

Health web sites for teen girls

Learn more about nutrition, exercise, stress management, and more by visiting these Web sites:

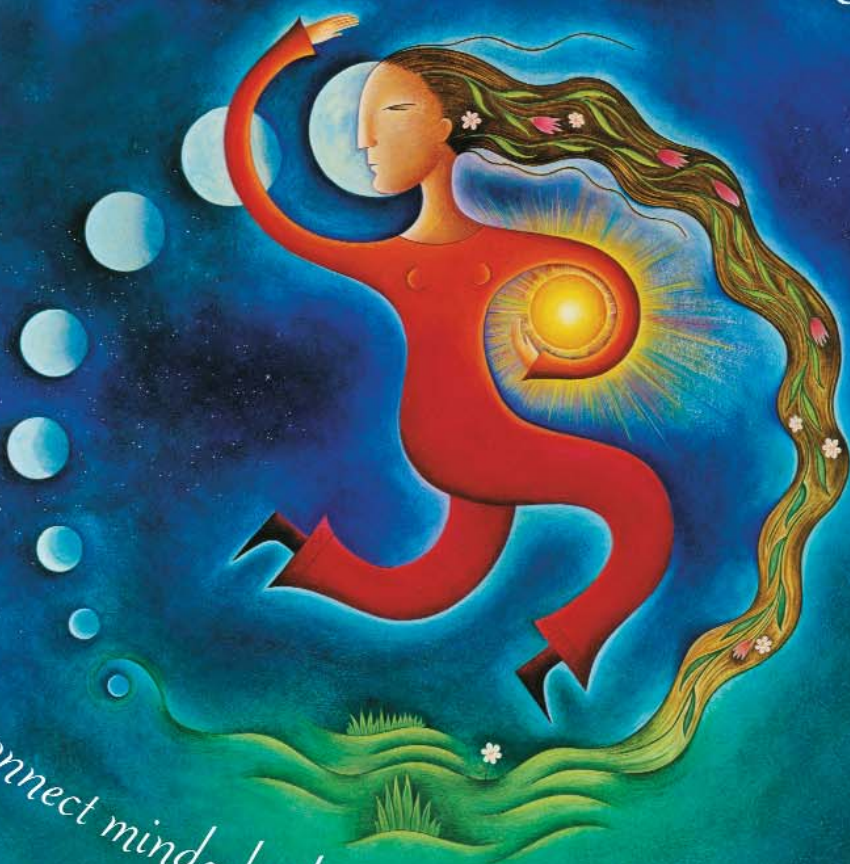
- ◆ www.mypyramid.gov
- ◆ www.girlshealth.gov
- ◆ www.verbnow.com
- ◆ www.presidentschallenge.org/home_teens.aspx
- ◆ www.bam.gov
- ◆ www.girlpower.gov
- ◆ www.healthfinder.gov
- ◆ www.nichd.nih.gov/milk/kidsteens.cfm
- ◆ www.cdc.gov/powerfulbones
- ◆ www.soyunica.gov (Spanish and English)
- ◆ www.kidshealth.org
- ◆ <http://kidnetic.com>
- ◆ www.canfit.org
- ◆ www.caprojectlean.org
- ◆ www.cfsan.fda.gov/~dms/lab-gen.html
- ◆ www.nutrition.gov
- ◆ www.healthierus.gov/dietaryguidelines

i am not done yet

as possible as yeast
as imminent as bread
a collection of safe habits
a collection of cares
less certain than i seem
more certain than i was
a changed changer
i continue to continue
where i have been
most of my lives is
where i'm going

— by Lucille Clifton from *good woman: poems and a memoir 1969-1980*. Rochester NY: BOA Editions, Ltd. 1987.

*You are the
Rhythm of the Universe*



connect mind~body~spirit

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BOD4TEENS WORKS

