

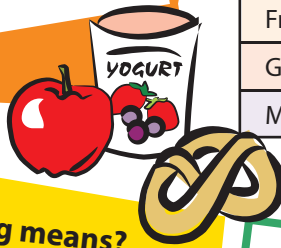
# Eat Well, Be Active!

Here are some of the great things that eating well and exercising regularly can do for you!



Put a check by the things that are important to you:

- feeling good about myself
- being healthy
- growing as tall as I'm supposed to be
- doing better in school
- sleeping better
- having more energy to do all the things I want to do



	9-11 year-olds	12-18 year-olds
Milk	3 cups	3 cups
Vegetables	2 - 3 cups	3 - 3½ cups
Fruits	1½ - 2 cups	2 - 2½ cups
Grains	5 - 7 ounces	7-10 ounces
Meat & Beans	5 - 6 ounces	6 - 7 ounces

## What do you think healthy eating means?

Eating well means enjoying all kinds of foods from all of the food groups. Each food group supplies different vitamins, minerals and other nutrients that keep you healthy. Eliminate a food group and you lose those nutrients!



**Move your body!** Instead of watching television or playing video games try to trade some of your free time every day to do things that get your body moving. Playing sports, dancing, riding a bike or walking to a friend's house will help keep your mind sharp and your body healthy.

## Bone up on calcium!

If you're like most teens, you're probably getting nowhere near the calcium you need to look and feel your best.

You can't see it on the outside, but right now your skeleton is undergoing major construction.

Between the ages of about 11 and 20, you'll build up more than half your total adult bone calcium supply.

You need calcium to build and maintain strong bones. Dairy foods, such as milk, provide protein, vitamins A and D, calcium, magnesium and potassium – all of these help make your bones strong.

See the tips on the next page for ways to boost your calcium intake.

## Here's what you can do to eat better!



Put a check by all the things you will try. Tell a friend or your mom or dad what you plan to do. They can help you stick to a plan.

- I will listen to my body and eat when I'm hungry and stop when I'm full.
- I will eat regularly. I will start off my day with breakfast and try to eat three meals a day, plus some nutritious snacks.
- I will try to eat many different foods from all of the food groups, including milk, cheese, fruits, vegetables, breads, cereal, rice, pasta, meats, beans and nuts. I'll even treat myself to sweets and desserts sometimes.
- I will eat with my family and friends more often.
- Whether I feel sad, lonely, upset or happy, if I'm not really hungry, I'll find something else to do instead of eating.



[www.MealsMatter.org](http://www.MealsMatter.org)

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# 5 Easy Steps to Stronger Bones...Go for It!

## Step 1: Are you eating enough bone-building foods?

Circle the calcium foods you usually eat on most days.

### HIGH-CALCIUM FOODS

Portion Size: 1 cup milk, yogurt, pudding; 1½ oz. cheese

Fat-free or low-fat milk  
Fat-free or low-fat flavored milk  
Fat-free or low-fat yogurt  
2% milk  
String cheese  
Cheese  
Pudding or custard

### MEDIUM-CALCIUM FOODS

3 medium-calcium foods =  
1 high-calcium food  
Portion Size: ½ cup

1/8 of a 12" pizza  
Tofu (calcium-set)  
Corn tortillas (2)  
Broccoli  
Refried beans  
Almonds (1/4 cup)



## Step 4: How to get more calcium, no matter how busy your lifestyle!

- Start your day with a healthy breakfast!** Try a breakfast smoothie using frozen fruit, yogurt and milk. Eat cereal for breakfast.
- Drink milk** at meals instead of soda or other empty calorie drinks.
- Eating at fast food restaurants?** Have cheese on your burger, chicken or fish sandwich • Opt for the salad bar and choose vegetables and beans topped with shredded cheese and almonds • A bean and cheese burrito or a couple of tacos will do the trick too!
- Pack some snacks** in your backpack for school and after-school activities. Take along fresh vegetables, fruit and string cheese, some almond granola or a pudding cup.
- Vegetarian?** Get your calcium from milk and dairy foods, dried beans, nuts and calcium-rich vegetables. How about a mozzarella cheese and roasted-vegetable pizza?

## Step 2: How much calcium do you need?

AGE	CALCIUM NEEDED	DAILY HIGH-CALCIUM FOODS NEEDED
9-18 years	1,300 mg.	3

## Step 3: Are you getting enough calcium every day?

YES  NO

Look at the lists above.

- What one or two changes could you make to get more high-calcium foods every day?
- Which foods could you eat more of or more often?
- Which foods could you add? When?
  - Meals
  - Snacks

## Step 5: Don't forget exercise!

Do you get 60 minutes of exercise every day, some of which is bone-building?

YES  NO

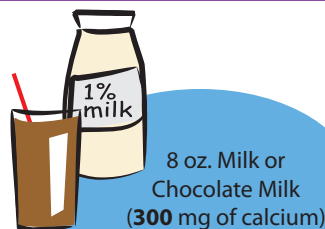
- Bone-building means activities that put the weight of your body on your bones. Walking, jogging, dancing, aerobics, or team sports such as soccer or basketball are good for the bones.
- Walk or roller-blade to school instead of riding in a car. Pick up the pace when strolling through the mall. Take the stairs instead of the escalator.
- Exercise with a friend — it's more fun and easier to stick with.

Did you reach your daily goal of 3 servings? 1300 mg. or 3 servings is your daily goal.

Here are a few ways to get some of your 3 servings of calcium-rich foods each day through beverages. Check off the ones that you can see yourself adding to your day:

- Drink milk at meals instead of juice or soda.
- Try a breakfast blender smoothie using frozen fruit, yogurt and milk.
- Grab a low-fat chocolate milk instead of drinking soda.

Small changes add up to big results!



VS

8 oz. Cola,  
8 oz. Sports Drink  
or 8 oz. Fruit Drink  
(0 mg of calcium)



## Sounds good, but...

**What if I don't drink milk or milk products because I have trouble digesting them?** There are some things you can do if you have trouble digesting milk (lactose intolerance):

- Drink low-fat or fat-free milk in servings of 1 cup or less.
- Drink low-fat or fat-free milk with other food, such as with breakfast cereal, instead of by itself.
- Eat dairy products other than milk, such as hard cheeses or cottage cheese, or reduced-fat ice cream or yogurt. These foods have smaller amounts of lactose and may cause fewer symptoms.
- Choose lactose-free milk and milk products, which have the same amount of calcium as regular milk.