A Voice 4 Teens

Be healthy! Be active! Be happy!

Includes fun learning activities using the Tampa Bay Times

all children's hospital

JOHNS HOPKINS MEDICINE

Tampa Bay Times NIE
committed to kids’ health and education

Kohl’s Cares
The truth about fad diets

The diet industry tends to make big promises about quick results. It’s no wonder that every year millions of people spend billions of dollars on weight-loss products in attempts to achieve a healthier lifestyle.

When you think about whether a certain diet and exercise plan will fit your lifestyle, consider the promises being made. Try to stay clear of the following claims:

**Rapid weight loss.** Ever heard that slow and steady wins the race? It’s true. Making changes that will last a lifetime takes time. It’s okay to take small steps to make lasting changes. In fact, it’s the recommended approach.

**Limitations.** Isn’t it boring to eat the same thing over and over again? Avoid eliminating entire food groups.

**Rigid menus.** It’s already hard enough to figure out what to eat. Adding restrictions on your food choices adds a whole new level of complications. Try to figure out if this is something you can do for the rest of your life. If the answer is no, then find an approach that will work for you.

**No exercise needed.** Say what? Regular physical activity is good for everyone at every age. The key is finding exercise you love to do and that works with your lifestyle.

How about trying things that really work, such as …

**Adopting healthy eating habits.** Learn about how to eat the best food possible for your body and still fit in some of your favorite treats. Moderation is key.

**Including exercise every day.** Start small and find an activity that you truly enjoy, maybe even with your family or a group of friends. Whatever it is, have fun with it.

**Being open to making changes.** Sometimes this is very challenging. Try to discover what your habits are and whether they are helpful in meeting your personal goals. If not, start making a plan to change the habit.

**Keeping a healthy body image.** Focus on the positives and enjoy your successes. Be proud of your healthy habits!

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**What can you do to be healthy?**

Here are tips from the experts at All Children’s Hospital. Finish the list by adding your own healthy tips.

1. **Eat a variety of all foods, including fruits, veggies, whole grains, lean protein and low-fat dairy.**

2. **Never skip meals, and don’t forget to start each day with a healthy and delicious breakfast.**

3. **Eat lots of different colors of fruits and veggies. They are full of vitamins and minerals that keep your body strong.**

4. **Plan something active every day. Maybe you play a team sport or you like to walk or dance or ride your bike. Try new activities, too.**

5. **Lead the way! Encourage your friends and family. Speak up and be the healthy example. You will be surprised at who will take notice when you lead by example.**

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**Mad fads**

[Link to allkids.org]
I’m 13 years old and I attend middle school. I struggle with many things such as weight, peer pressure and self image. I’ve tried many things such as dieting, portion control and exercise: Nothing seems to work. One day I discussed my problem with my mother and grandmother, and they suggested that I speak with my doctor. The doctor advised me to “get serious about what I really wanted.” So I did.

I began to realize that certain medical issues existed in my family history, such as diabetes, heart problems and hypertension. My PE teacher explained to me that all of these health issues were somewhat controlled by exercise and diet. Yes, they are part of my family medical history, which makes them hereditary. However, if I really want to live a long time like my great grandmother (she lived until she was 102 years old), then I needed to make some changes to live a long, healthy life.

As a teenager I have choices as to what I want to consume. When I am at home, I can choose oatmeal over a plate of pancakes and at school, I can choose one hot dog instead of two hot dogs. I realized that I don’t have to stop eating the things I like, but I have to choose when and at what time I should eat it. If I know that I want to eat a slice of pizza, then I know that I need to walk to and from school to burn those calories. I take a multi-vitamin that gives me all of my nutrients every day and that takes care of the five main food groups in the vitamin. I can even see a change in my skin!

I can add variety to my diet. I love milk! I never knew that there were so many varieties of milk until I went to the grocery store with my mother. There is soy, rice, almond and coconut just to name a few. Some of these milks are great in smoothies and the best part is that they have natural sweeteners in them and that means that you do not need to add sugar. In the morning, I can have a hard-boiled egg and some orange juice and maybe take a peanut butter and jelly sandwich for lunch. Guess what? No more standing in the long lunch line. I can sit and enjoy reading my magazine.

The worst thing you can do is to not eat the things you enjoy. I now understand that doing this will only cause you to get frustrated and eat more. So, I eat the things I enjoy such as chocolate and later on go to the gym. It doesn’t take long to work out, especially if you have a friend or an iPod or bring a magazine with you while you are walking or jogging on the treadmill. I make it fun and I feel great afterward. My mom even comes with me now.

I don’t want any medical problems that I can control to stop me from living my life to fullest. I have a great support system – my family. They have adopted this new lifestyle, and I can see that they too are much healthier and happier. I want my mother to be around to see me mature and be in my life for a very long time.

I heard someone say that “life is not a dress rehearsal.” At the time that I heard that, I really didn’t understand it too much. Now I do. You only get one chance at life and you have to make the most of it. So my advice to other teens, “Get serious about your health and diet. You have control!”

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**Critical thinking corner**

**Think about it**

Why does the diet industry tend to make big promises about quick results? Television commercials, radio spots, newspaper ads … the focus is always on losing weight quickly without any effort. The Purdue Online Writing Lab defines fallacies as “common errors in reasoning that will undermine the logic of your argument. Fallacies can be either illegitimate arguments or irrelevant points, and are often identified because they lack evidence that supports their claim.” Research the types of logical fallacies. Then find a television commercial, radio spot or newspaper ad that advertises a diet. Apply your new knowledge to the information in the ad and analyze the points presented. Share your information with your class.
Learning with the Times

Distorted images

Obesity is an eating disorder. According to Kidshealth.org, “Eating disorders are so common in America that one or two out of every 100 students will struggle with one. Each year, thousands of teens develop eating disorders, or problems with weight, eating or body image.” Do you know people with eating disorders? What can you do if you have a friend with an eating disorder or if you suspect that you may have a problem yourself? Do media images reflect what ordinary people look like? Do these images contribute to eating disorders? Have your teacher split your class into small groups. Discuss these ideas with your group members. Look in the Tampa Bay Times for images in advertisements or pictures that glorify thinness or unhealthy body types. With your group, compile a list of movies and television shows that glorify thinness or unhealthy body types. Make a separate list of movies and television shows that celebrate body diversity. Look for ads and photos in the Times that celebrate body diversity. Write an editorial based on your findings.
When you feel good about your body, you feel good about you!

By Pamela Paul, LMHC, Fit4Allkids motivation and family coach

Do you ever look at a good-looking guy or girl and silently feel a twinge of jealousy? Do you automatically assume that because that person is skinny or fit or wears nice clothes that he or she has it all together? Maybe you thought that person was smarter than you or had more friends than you. Or maybe you thought he or she didn’t have any problems. How come? Where did you get those ideas?

It’s easy to get caught up into believing something like this because we are constantly bombarded by messages from TV, the Internet, movies or magazines that tell us how to look and what to wear. We think that if we could only look like that girl in the magazine or that actor on TV then we would be happy with ourselves. We start to compare ourselves to what the media portrays as beautiful and we start to feel bad about the way we look.

You might hear your friends say, “I’m fat,” “My hair is too curly,” “My thighs are too big,” or “I hate my nose.” Or maybe you’ve said something like that yourself! Maybe you have experienced cruel teasing from other kids your age who poke fun at your weight, your hair or your clothes. That hurts! Kids your age can be mean, and at the end of the day, if you allow it, you can be feeling pretty sad.

You may start to focus on your body and what’s wrong with it, and find yourself thinking about that a lot. You may go on a diet and try to lose weight, exercise harder or go buy the designer jeans that the celebrity girl on TV was wearing. Or you may think to yourself that nothing is ever going to work, and you give up trying. You could end up feeling pretty lousy about yourself.

When you focus on what your body looks like and allow that to influence how you feel about yourself, you are creating what is called “body image.” Whenever we think poorly about our bodies, we somehow end up thinking poorly about ourselves. Our body image influences our self-image, or self-esteem. When we are not feeling good about ourselves, our confidence drops. Low self-confidence makes it harder to make friends or do well in school.

But who decides how you should feel about your body? Is it your parents? Your friends? The media? Who are you allowing to tell you how you should feel about yourself? Only you can decide! If you want to be a confident teenager and feel good about yourself, then you need to focus on the things that you like about yourself. You are more than just your body, but you can start there.

Close your eyes and pretend your body could speak. What would it say to you? Identify three things you can thank your body for. Then begin to treat your body as one of your closest friends. Taking care of your body means taking care of yourself. Learn how to feed your body with foods that make you strong and give you energy. Find activities that are fun, where you can move your body and keep your bones and muscles in good shape. Enjoy the body you have and treat it with respect. The next time you are hit with a message that spins you back into a place where you feel bad, stand up tall and say out loud, “I decide, and no matter what anyone else says, my body is my body, and I will decide how I choose to feel about it.”

Make a commitment today to let go of the mean things you may say or think about yourself and decide to think differently. Honor the things about your body that carry you through each and every day. Take care of your body and it will take care of you. Feel good about your body and, in turn, you will feel good about yourself!

Be a super star!

Be proud of who you are and what you love to do. Finish the sentences below and post this information on your fridge and/or share with you family and friends.

My favorite activities are ____________________________

I want to learn how to play__________________________

When I grow up, _________________________________

What I like about my family is _______________________

I am talented at____________________________________

What I like to do for fun is __________________________

Critical thinking corner

Think about it

Who decides how you should feel about your body? You know it is your decision, but often others influence you in negative ways. Does peer pressure affect how people perceive themselves? Does the media – television, movies, magazines, newspapers – influence people’s perceptions? Have your teacher split your class into small groups. Discuss these ideas with your group members.
## Making a difference

The doctors, nurses and staff at All Children’s Hospital are making a difference in their community. What type of jobs do you think there are at a hospital? Go to the All Children’s Hospital website, allkids.org, and write down all of the different jobs you can find. Choose five of these jobs and write a few sentences about how you think these people make a difference in their community. Next, find an article in the *Tampa Bay Times* that depicts someone making a difference in the community. Write down the main points of the article. Share what you have learned with your class.

**Critical thinking corner**

**Think about it**

Balanced meals supply your body with energy and the vitamins and minerals needed to grow healthy and strong. Every plate should include three to four different choices from the following five food groups: fruits, veggies, dairy, whole grains and protein. The plate should be colorful, and at least 50 percent of the plate should be filled with fruit and veggies. Using foods from the five food groups, create a balanced and colorful plate that will offer a healthy balanced meal.

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### A month of Lunches

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td><strong>Week 2</strong></td>
<td><strong>Week 3</strong></td>
<td><strong>Week 4</strong></td>
<td><strong>Week 5</strong></td>
</tr>
<tr>
<td>Whole-wheat bagel with peanut butter</td>
<td>Yogurt cup</td>
<td>English muffin pizzas with pizza sauce &amp; grated cheese</td>
<td>String Cheese</td>
<td>Cheese &amp; turkey wrapped in a wheat tortilla</td>
</tr>
<tr>
<td>Bag of pretzels</td>
<td>Triscuits</td>
<td>Celery sticks</td>
<td>Small box raisins</td>
<td>Cucumber rounds</td>
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<tr>
<td>Canned fruit cup</td>
<td>Baby carrots &amp; ranch dressing</td>
<td>Caramel popcorn</td>
<td>Pudding cup</td>
<td>Fruit-cereal bar</td>
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<tr>
<td>Chocolate milk drink box</td>
<td>Kiwi, cut in half</td>
<td>Banana</td>
<td>V-8 juice</td>
<td>Apple</td>
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<tr>
<td><strong>Week 2</strong></td>
<td><strong>Week 3</strong></td>
<td><strong>Week 4</strong></td>
<td><strong>Week 5</strong></td>
<td><strong>Week 6</strong></td>
</tr>
<tr>
<td>Veggie burger in whole-wheat pita</td>
<td>Low-fat hot dog</td>
<td>Chicken chunks</td>
<td>Ham and cheese on rye</td>
<td>Soft pretzel</td>
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<tr>
<td>Dried fruit mixture</td>
<td>Whole-wheat bread</td>
<td>Pineapple chunks</td>
<td>Orange wedges</td>
<td>Cottage cheese cup</td>
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<tr>
<td>Granola bar</td>
<td>Apple or pear</td>
<td>Cut-up veggies with dip</td>
<td>Sweet rice cakes</td>
<td>favorite veggies</td>
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<tr>
<td></td>
<td>Fun-size candy bar</td>
<td>Baked tortilla chips</td>
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<td>Fruit cocktail</td>
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<tr>
<td><strong>Week 3</strong></td>
<td><strong>Week 4</strong></td>
<td><strong>Week 5</strong></td>
<td><strong>Week 6</strong></td>
<td><strong>Week 7</strong></td>
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<tr>
<td>Tortilla roll-up with refried beans</td>
<td>Tuna salad</td>
<td>Light cream cheese &amp; jam on whole wheat bread</td>
<td>Tortellini pasta</td>
<td>Kid’s choice</td>
</tr>
<tr>
<td>Salsa and celery sticks</td>
<td>Wheat Thins</td>
<td>Rice Krispie treat square</td>
<td>Fruit salad</td>
<td></td>
</tr>
<tr>
<td>Muffin</td>
<td>Cantaloupe pieces</td>
<td>Blueberries</td>
<td>Veggies and dip</td>
<td></td>
</tr>
<tr>
<td>Fresh piece of fruit</td>
<td>V-8 juice</td>
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<tr>
<td><strong>Week 4</strong></td>
<td><strong>Week 5</strong></td>
<td><strong>Week 6</strong></td>
<td><strong>Week 7</strong></td>
<td><strong>Week 8</strong></td>
</tr>
<tr>
<td>Bagel half with cheese &amp; turkey sausage patty</td>
<td>Peanut butter &amp; banana slices on rice cakes</td>
<td>Hummus in pita bread</td>
<td>Cup of soup</td>
<td>Mozzarella cheese stick</td>
</tr>
<tr>
<td>Mandarin oranges</td>
<td>Small bunch of grapes</td>
<td>Small bunch of grapes</td>
<td>Cornbread muffin</td>
<td>Carrot sticks</td>
</tr>
<tr>
<td>Broccoli florets with salsa</td>
<td>Cucumber and pepper slices</td>
<td>Cucumber and pepper slices</td>
<td>Cherry tomatoes</td>
<td>Bread or pretzel sticks</td>
</tr>
<tr>
<td>Graham crackers</td>
<td>Zucchini bread</td>
<td>Small brownie</td>
<td>Applesauce</td>
<td>Salsa</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>100% juice box</td>
</tr>
</tbody>
</table>
Breakfast pitas
1 scallion
1 tablespoon chopped bell pepper
1 tablespoon diced low-fat, low-sodium ham
1 egg
1 tablespoon skim milk
Pinch of salt
Pinch of pepper
1/2 teaspoon oil
Mini whole-wheat pita bread

- Slice scallion into small pieces.
- Finely chop bell pepper.
- Finely dice ham.
- Whisk egg, milk, salt and pepper together in a small bowl.
- Heat oil in skillet at 250 degrees.
- Add scallion, bell pepper and ham; cook until vegetables are soft (about 1 minute.)
- Add egg mixture to skillet and cook, stirring mixture until eggs are set.
- Cut pita bread in half and fill with egg mixture.

Fruity chicken salad
1 (12.5 ounces) can chicken breast meat
1/2 apple
1/2 cup grapes
1/4 cup poppy seed dressing
Spinach and romaine lettuce

- Chop apple into small cubes.
- Cut grapes in half.
- Drain chicken.
- Chop spinach and lettuce.
- In a bowl, combine drained chicken, chopped apple, grapes and salad dressing.
- Gently mix ingredients until coated with dressing.
- Mix chopped spinach and lettuce together and place in a bowl.
- Top lettuce and spinach with chicken mixture.

Muffin Pizza Snacks
1/2 whole-wheat English muffin
2 tablespoons pizza sauce
Spinach leaves
4 slices turkey pepperoni
1 tablespoon low-fat mozzarella cheese

- Heat skillet to 250 degrees
- Top English muffin with pizza sauce, spinach leaves, pepperoni and cheese.
- Place English muffin in skillet. Cover skillet and cook for about 1 minute or until cheese is melted.

Tex-Mex Pasta Salad
1 pound uncooked pasta
2 teaspoons olive oil
1 tablespoon minced garlic
1 pound ground turkey
2/3 cup water
1 (1.25-ounce) package 40%-less-sodium taco seasoning
2 cups (8 ounces) pre-shredded reduced-fat Mexican blend cheese
2 cups grape tomatoes cut in half
1 cup chopped yellow or orange bell pepper
1/2 cup chopped fresh cilantro
1/2 cup sliced black olives
1 (15.5-ounce) can black beans, rinsed and drained
2 tablespoons fresh lime juice
1/2 teaspoon salt
1/4 teaspoon ground cumin
1 (8-ounce) container reduced-fat sour cream

Cook pasta according to package directions, omitting salt and fat. Drain and rinse with cold water. Set aside.
Heat oil in a large non-stick skillet over medium-high heat, add garlic and turkey; cook until turkey is browned, stirring to crumble.
Stir in water and taco seasoning; bring to a boil. Reduce heat and simmer 4 minutes or until liquid almost evaporates and the turkey is done, stirring frequently. Remove from heat; cool slightly.
Combine pasta, turkey mixture, reduced-fat cheese, and next 6 ingredients (through beans) in a large bowl.
In a small bowl, combine lime juice, salt, cumin and sour cream, stirring until well blended, pour mixture over pasta; toss gently to coat.

– Adapted from: David Bonom, Cooking Light September 2005

Gotta eat. Simple recipes for your busy life.
By Karen Saley, Fit4allkids culinary expert and instructor
Think about it

Think about shopping healthy on a budget. Here are some tips on how to save at the grocery store:

- Take advantage of “buy one get one free” deals.
- Prepare your meals based on what is on sale.
- Always shop with a list and never shop when you are tired or hungry.
- Don’t let produce spoil. Only buy what you intend to eat.
- Think GENERIC. Store brands are usually cheaper and are more often of the same quality.

What other tips can you think of for shopping healthy on a budget?
Shop till you drop!

Most of you are experts when it comes to shopping for clothes, games, music and electronics, but what about shopping for food?

Do you know what to look for? Should a melon make a certain sound when you tap it? How do you know when a pineapple is ripe?

Below, All Children’s Hospital experts share some of their favorite shopping tips for finding the best foods.

Tips for buying fruits and vegetables:
- Color makes a big difference. Generally, it is best to buy brighter colors. The darker and browner an item is, the older it is.
- Is it old or beat up? The fruit or veggie should feel firm when squeezed and not have wrinkles or spots.
- Ask! Don’t be afraid to ask the employees working in the produce section how long fruits and vegetables can last.
- Specific fruit tips:
  - Don’t buy bananas that are brown or soft.
  - Citrus should be bright and heavy.
  - Melons should sound hollow when tapped.
  - Pineapples are ready to eat when it’s easy to pull off the leaves.
  - Strawberries should be bright red. Be sure to check the entire package before buying.
- Try a variety of fruits, including fresh, frozen, canned and dried fruit to see what you like best.
- Look for fruits with no sugar added.
- Try to buy 100 percent juice when available and mix it with an equal amount of water or seltzer.

**Recommended shopping list:**
- 6 apples
- 3 pears
- 10 bananas
- Grapes
- 1 pound of carrots
- Onion
- 1 pound of sweet potatoes
- 4 tomatoes
- 2 cucumbers
- 2 bags of salads
- 2 peppers
- 1 pound of fresh broccoli

Tips for dairy:
- Don’t forget that you need three cups of dairy each day, so add a cup to every meal!
- Whole milk is full of fat, so choose skim or low-fat instead.
- Choose a low-fat or fat-free yogurt and add fresh fruit for flavor.
- Look for low-fat cheese to add to dishes like pasta, casseroles and omelets for extra protein and calcium.
- If you’re lactose intolerant, you can buy lactose-free milk. You also can get calcium from soy products, fortified cereals and breads, and fortified juices. Check the label!

**Recommended shopping list:**
- Lean ground beef
- Boneless, skinless chicken breast
- Lean cold cuts (low-fat ham, chicken and turkey breast)
- Black beans
- Black-eyed peas
- Reduced fat peanut butter
- Kidney beans
- Nuts (pistachios, almonds, peanuts, cashews, walnuts, macadamias)
- Fish (tuna, salmon, haddock, cod, tilapia)
- Shellfish (shrimp, crab)

Tips for meats and beans:
- Go lean with protein! Choose lean cuts of meat and remember that poultry is leaner than other meat options.
- Beans, beans, beans! Beans are easy to add to meals like pasta, salads and soups. Most beans are low in fat and calories but high in protein and fiber.
- Variety is fun. Add variety to your diet by adding fish and non-meat protein options like soy burgers or tofu.

**Recommended shopping list:**
- Whole-grain or whole-wheat bread
- Whole-grain or whole-wheat crackers (for example: there are whole-grain versions of Triscuits, Wheat Thins, All Bran, Fiber Selects, etc.)
- Popcorn (light-butter or reduced-fat)
- Brown, whole-grain or wild rice
- Cereal (choose one with at least 3 grams of fiber per serving) – Kashi Go Lean, Wheaties, Raisin Bran, All Bran, etc.
- Oatmeal

**Recommended shopping list:**
- Whole-wheat or whole-grain pasta

Tips for buying whole grains:
- Whole grain doesn’t mean boring. Try new things. Stores sell a variety of whole-wheat options that you may find tasty!
- Whole-grain foods can be snacks. Try whole-wheat crackers and cheese, dried cereal and yogurt or popcorn.

**Recommended shopping list:**
- Skim/fat-free milk or 1% reduced-fat milk
- Fat-free puddings
- Low fat yogurt
- Low-fat/non-fat cottage cheese
- Reduced-fat cheese (mozzarella, cheddar, feta, etc.)
- allkids.org
To eat or not to eat: What to do about fast food and eating on the run

Today your lives are super busy with school, sports, friends and all kinds of activities. You probably don’t think much about nutrition and what is best for your body, especially when your schedules are overflowing. It’s possible to make good choices when eating on the run if you know what to look for. Eating at home and preparing your own meals is the best way to manage your weight, but when this is next to impossible due to a busy schedule, you can make it work by knowing what to order when you’re eating fast food.

Here are some healthier options when eating on the run and what to look out for.

<table>
<thead>
<tr>
<th>LESS HEALTHY CHOICES</th>
<th>HEALTHY CHOICES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Double-patty hamburger with cheese, mayo, special sauce and bacon</td>
<td>Regular, single-patty hamburger without mayo or cheese</td>
</tr>
<tr>
<td>Fried chicken sandwich</td>
<td>Grilled chicken sandwich</td>
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<tr>
<td>Fried fish sandwich</td>
<td>Veggie burger</td>
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<tr>
<td>French fries</td>
<td>Baked potato or a side salad</td>
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<tr>
<td>Milkshake</td>
<td>Yogurt parfait</td>
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<tr>
<td>Chicken “nuggets” or tenders</td>
<td>Grilled chicken strips</td>
</tr>
<tr>
<td>Adding cheese, extra mayo and special sauces</td>
<td>Limiting cheese, mayo and special sauces</td>
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<td><strong>Burger Chains</strong></td>
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<td>Fried chicken</td>
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<td>Teriyaki wings or popcorn chicken</td>
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<td>Caesar salad</td>
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<td>Chicken and biscuit</td>
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<td>Adding extra gravy and sauces</td>
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<td></td>
<td><strong>Fried Chicken Chains</strong></td>
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<td>Grilled chicken soft taco</td>
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<td>Black beans</td>
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<td></td>
<td>Grilled steak soft tacos</td>
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<td>Veggie and bean burrito</td>
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<td>Limiting sour cream or cheese</td>
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<td><strong>Subs, Sandwiches and Deli Choices</strong></td>
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<tr>
<td></td>
<td>Six-inch sub</td>
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<td></td>
<td>Lean meat (roast beef, chicken breast, lean ham) or veggies</td>
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<tr>
<td></td>
<td>One or two slices of lower-fat cheese (Swiss or mozzarella)</td>
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<tr>
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<td>Adding low-fat dressing or mustard instead of mayo</td>
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<td>Adding extra veggie toppings</td>
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<tr>
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<td>Choosing whole-grain bread or taking the top slice off your sub and eating it open-faced</td>
</tr>
</tbody>
</table>

Adding cheese, extra mayo and special sauces

The “normal” amount of higher-fat (cheddar, American) cheese

Adding mayo and special sauces

Keeping the sub “as is” with all toppings

Choosing white bread or “wraps” which are often higher in fat than normal bread
Get the facts: Ten tips for a healthy body

1. **Balance calories**
Managing calories is the first step to managing your weight. Find out how many calories you need a day by visiting ChooseMyPlate.gov to find your calorie level.

2. **Drink water instead of sugary drinks**
Soda, sports drinks and energy drinks are a major source of added sugar and calories. Cut calories by drinking water that is flavored naturally with a squeeze of lemon or other fruit, or try unsweetened beverages.

3. **Foods to eat more often**
Eat more vegetables, fruits, whole grains and fat-free or 1 percent milk and dairy products. Are you a picky eater? Go grocery shopping with your parents, and allow yourself to smell, touch, taste and ask questions about new foods. Make healthy food fun.

4. **Foods to eat less often**
Cut back on foods high in fats, added sugars and salt. These include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats such as ribs, sausages, bacon and hot dogs. Eating these in moderation is okay, but not as everyday foods.

5. **Half of your plate should be fruits and veggies**
Make half of your plate fruits and vegetables. Try to vary your veggies by choosing the colors red, orange and dark-green, such as tomatoes, sweet potatoes and broccoli.

6. **Make half of your grains whole grains**
Substitute whole grains into your diet by eating whole-wheat bread instead of white bread and brown rice instead of white rice.

7. **Food Safety**
Getting involved in the kitchen can be fun, but be sure to handle food properly. Always clean hands, surfaces and produce. Meat/poultry should never be washed or rinsed.

8. **Avoid oversized portions**
Using a smaller plate, bowl or glass will help you portion out your food, and be sure to portion out your food before you eat. When going to a restaurant, choose smaller portion sizes, share a dish or take home part of your meal.

9. **Enjoy your food, but eat less**
Take time to enjoy your food while you eat. Eating too fast or when you’re paying attention to something else may cause you to eat more. Pay attention to when your body tells you it’s had enough.

10. **Get your calcium**
To build strong bones, switch to low-fat or fat-free milk. You’ll receive the same amount of calcium and essential nutrients but fewer calories and saturated fats.

Go to ChooseMyPlate.gov for more information.

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**Learning with the Times**

**Creating a new food**

People love food that is convenient and fast, tastes good and is low in cost. Unfortunately, many of the fast foods people eat are unhealthy. Use your imagination to create a new food product. This food product can be anything you want, but it needs to taste good, be low-cost and appeal to the fast-food generation. The food can be anything from a new cookie mix to a new kind of soup. Using the advertisements in the *Tampa Bay Times* as models, design a newspaper ad that will convince people to buy your product. In addition, create a press release to inform the media about the new product.
We dare you to try the following four fitness strategies over the next four weeks. Try to implement these healthy habits one week at a time and by the end of the month you may be surprised by what you have accomplished.

**Set a fitness goal.** Be specific and realistic. Don’t just say I want to be stronger. Make it count. For example maybe your goal is to do 20 crunches in 60 seconds or maybe you like to run and would like to participate in a 5-kilometer event. What will you do this week to be successful and reach your goal? Make a plan and tell someone what you are doing so you will hold yourself accountable for your actions.

**Try something new.** We often decide to do one type of activity, and eventually we get bored. You never know what activity you may love. If you are an avid runner, try mixing in a few days of swimming and biking. If you like socializing, try an exercise class or play a pickup game of basketball with your family or friends.

**Be active! Be strong! Be flexible!** Try including all three of these fitness activities into your routine. Get moving and get your heart pumping. Try to be active every day for 60 minutes — even walking counts, but remember to pick up the pace. Try some strength-training exercise: push-ups, crunches and bridges. These exercises should be done two to three times a week on non-consecutive days. Flexibility training is important for the muscles and joints and ultimately can help prevent some injuries. Try to stretch every day if possible, working on every muscle group. Hold for 15-30 seconds per exercise.

~by Kellie Gilmore, Fit4Allkids coordinator

**Critical thinking corner**

**Think about it**

Experts agree that you need at least 60 minutes a day to play and be physically active. Let’s get creative. Have your teacher split your class into small groups. Come up with 20 fun activities that you can do to be active every day. Create a rap song with those activities and share it with your class.
Stride exercises are considered aerobic activities. During aerobic exercise, you will breathe faster and deeper, which means the amount of oxygen in your blood will increase, which means your heart will beat faster, which increases blood flow to your muscles and back to your lungs. This leads the body to release natural chemicals called endorphins, which make the entire body feel good.

So how about running around the park, riding your bike, walking in the neighborhood, playing with your pets, swimming at the beach, skating on the trail, dancing with your friends or even climbing a tree. All of these are considered aerobic activities.

Stride activities should be part of your day, every day. Did you know that experts agree that you need at least 60 minutes a day to play and be physically active?

If this kind of activity is new to you, then take it slow and try increasing your physical activity gradually.

Use the talk test as your guide. You should be able to talk and answer questions as you exercise. If you struggle with this, then slow down.

The most important thing is to focus on having fun. Whatever you do for exercise should be something you enjoy and something that makes you feel good. Don’t forget to encourage your friends and family to join in with you.

Learning with the Times

Let’s get physical

Look in the Comics section of the Tampa Bay Times to find characters that are physically fit. Also note which characters are not physically fit. Create a chart showing the characters, their fitness status and the behaviors that might lead to those character’s fitness levels. Create an action plan for one of the characters to become physically fit. Share your plan and chart with your class.

Get moving!

The following websites can help you in finding the latest news.

All Children’s Hospital: Fit4AllKids™
allkids.org

Academy of Nutrition and Dietetics:
eattright.org

American Heart Association: Healthier Kids
heart.org

Choose My Plate:
United States Department of Agriculture
choosemyplate.gov

Eat Better America
eatbetteramerica.com
Recipes: eatbetteramerica.comRecipes/RecipesBrowse.aspx

Fruits and Veggies, More Matters
fruitsandveggiesmatter.gov
Recipes: apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx

Find the Fun
findthefunnnow.com
Fun ideas in Pinellas County

Jamie Oliver’s Food Revolution:
Support America’s Health
jamieoliver.com/us/foundation/jamies-food-revolution/home
Recipes: jamieoliver.com/us/foundation/jamies-food-revolution/recipes

KidsHealth:
Staying Healthy by Eating Healthy and Staying Fit!
kidshealth.org/kid/
Recipes: kidshealth.org/kid/Recipes/index.html

Let’s Move:
America’s Move to Raise a Healthier Generation of Kids
letsmove.gov

My Fitness Pal:
Nutritional Database and Calorie Counter
MyFitnessPal.com

Eating Well
eatingwell.com/Recipes_Menu

Cooking Light
cookinglight.com/food

Mayo Clinic
mayoclinic.com/Health/Healthy-Recipes/RecipeIndex

A Healthier You
Dietary Guidelines for Americans 2005

Moms Who Think
momswhothink.com/Healthy-Recipes/Healthy-Recipes.html
Taking action: Five steps to success

The U.S. government’s Let’s Move! website has one major goal: to solve the problem of childhood obesity in a generation. It’s a big goal, so everyone needs to do his or her part, especially kids. By eating right and being active, kids can be healthy and achieve their dreams.

1. Move every day
Kids need 60 minutes of active play every day. It may sound like a lot, but it doesn’t all need to happen at one time. Physical activity throughout the day all adds up. And when you get moving, you’re more likely to:
- Feel less stressed
- Feel better about yourself
- Feel more ready to learn in school
- Build and keep healthy bones, muscles and joints
- Sleep better at night

2. Try a new fruit or veggie
Bodies need nutrients, such as vitamins, minerals, proteins and carbohydrates, to grow up healthy. These nutrients come mainly from the food you eat. Just as cars need gasoline to run, your body needs food to keep going. But not just any food. To be your healthiest, you need to give your body the right kinds and amounts of fuel.

3. Drink lots of water
Reach for a tall glass of water instead of soda, sugary drinks, sports drinks or juice with added sugar. Here are some simple ideas to make better beverage choices and be healthier:
- Pass on soda and choose water instead at meal time.
- Drink 100 percent juice without added sugar.
- Choose 1 percent or skim milk.
- Make water refreshing by adding a slice of lemon, lime, cucumber or watermelon.
- Add a splash of 100 percent juice to water or sparkling water.

4. Do jumping jacks to break up TV time
Nowadays, the average kid spends more time watching TV and less time running and playing. Kids need to run and play every day. Quiet time for reading and homework is fine, but you should limit time spent watching TV, playing video games or surfing the web so you have more time to play. If you’re going to watch TV or play computer games, mix it up with:
- jumping jacks
- dancing
- walking up and down the stairs
- sit-ups

5. Help make dinner
Join in with food shopping and cooking. Sit down as a family to plan a menu and enjoy spending time together.
- Participate in food shopping trips and choose fruits and veggies to mix into meals.
- If you pack your lunch, work out a menu for the week with different foods that you like and are good for you.
- With your parents’ permission, help measure and mix ingredients and cut up fruits and vegetables.
- Find new healthy recipes that sound tasty, too.
- Use the healthy family calendar to schedule family dinners each week.

Join us on Facebook!
Teens, find us on Facebook at Fit4Allteens. Join our experts and other teens to chat and stay connected.

Parents, find us on Facebook at Fit4Allkids. Join our experts and Fit4Allkids families to stay current on the latest nutrition information and fitness topics.
GET FIT CROSSWORD PUZZLE

Directions: You will find the answers to the clues within the pages of the publication.

ACROSS
2. This fruit is best when it is bright red.
5. A 40-ounce smoothie can have 45 grams of _____.
6. This type of weight loss is never healthy and is usually not long term.
9. There are this many food groups.
10. Read these to be informed.
11. Experts agree that you need at least this many minutes a day to play and be physically active.
14. When eating grains, pasta and rice, choose this type of grain.
15. Ryleigh A. Long wants you to get serious about your _____ and your diet.
16. An energy drink can have as much sugar as this food.
17. If you want to bring out the best flavor in vegetables, you should cook them by this method.
20. This type of activity is good for everyone at any age.
21. Balanced meals supply your body with energy, vitamins and these.

DOWN
1. Foods with this and fiber keep you satisfied and focused.
3. This is the most important meal of the day.
4. Half of your plate should have these items.
7. Preparing your own ____ is the best way to manage your weight.
8. In addition to muscle-building exercises, you should do these exercises.
12. Who decides how you should feel about your body?
13. Keeping a well-stocked this will be helpful for preparing quick and healthy meals.
14. Drink this instead of sugary drinks.
18. These potatoes are healthier than french fries.
19. It is better to get this type of chicken sandwich than a fried version.

Learning with the Times

Going organic

Because of concerns about health risks, some people prefer not to eat produce that’s been grown with chemical aids. Organic farmers avoid using artificial pesticides and fertilizers to grow their crops. Look for articles in the Tampa Bay Times about organic farming and produce. Do some research to find out more about organic farming and its methods. How are they different from the methods of conventional farming? Would you like to see more or less organic farming in the future? Why? Write a short editorial explaining your viewpoint. Be sure to back up your opinions with facts from your research.
Want to learn more about healthy eating and staying fit? Check out Fit4Allkids on the All Children’s Hospital website at allkids.org. We want to help you and your family stay healthy, so we offer educational programs and special events throughout the year. To learn more, you can e-mail our experts at fit4allkids@allkids.org.

Fit4Allteens
If you are 13 to 19 and struggling with your weight and/or having trouble making sense of all the diet, nutrition and fitness information that is constantly out there, we can help. All Children’s Hospital, in partnership with the Y, offers a special program just for teens who want to learn how to manage their weight and be more active. Fit4Allteens is offered at the Y located in Largo. If you are interested in making changes and joining this program, first talk with your parents and have them speak with your physician to see if this is the right program for you. More information is available on our website at allkids.org; or you can e-mail our experts at fit4allkids@allkids.org. We are happy to help!

Kohl’s Cooks for Kids
All Children’s Hospital and Kohl’s Department Stores have made an ongoing commitment to help families raise a healthier generation. Special thanks to Kohl’s for providing the support and funding for this newspaper project, as well as funding All Children’s family classes and special culinary events. To learn more about the cooking programs and events, go to allkids.org.

Newspaper in Education
The Tampa Bay Times
Newspaper in Education (NIE) program is a cooperative effort between schools and the Times to promote the use of newspapers in print and electronic form as educational resources. Since the mid-1970s, NIE has provided schools with class sets of the newspaper, plus our award-winning original curriculum, at no cost to teachers or schools. With ever-shrinking school budgets, the newspaper has become an invaluable tool to teachers. In the Tampa Bay area, each year, more than 5 million newspapers and electronic licenses are provided to teachers and students free of charge thanks to generous sponsors such as All Children’s Hospital.

The Times and our NIE curriculum are rich educational resources, offering teachers an up-to-the-minute, living text and source for countless projects in virtually every content area. For information about NIE, call 800-333-7505, ext. 8138 or visit tampabay.com/nie. Follow us on Twitter, Twitter.com/TBTimesNIE.

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Credits
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This publication and its activities incorporate the following Next Generation Sunshine State Standards:

Health:
- HE.912.C.1.1-3; HE.912.C.1.7; HE.912.C.2.1-3

Language Arts:
- LA.6.1.5.1; LA.6.1.6.1-10; LA.6.1.7.1-8; LA.6.2.2.1-5; LA.6.3.1.1-3; LA.6.3.2.1-3; LA.6.3.3.1-4; LA.6.3.4.1-5; LA.6.3.5.1-3; LA.6.4.2.1; LA.6.4.3.1-2; LA.6.5.2.1-2; LA.6.6.1.1-3; LA.6.6.4.1-2; LA.7.1.5.1;
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- LA.910.1.6.1-11; LA.910.1.7.1-8; LA.910.2.2.1-5; LA.910.3.1.1-3; LA.910.3.2.1-3; LA.910.3.3.1-4; LA.910.3.4.1-5; LA.910.4.2.1;
- LA.910.4.3.1-2; LA.910.5.2.1-5; LA.910.6.4.1-2; LA.1112.1.5.1;
- LA.1112.1.6.1-11; LA.1112.1.7.1-8; LA.1112.2.2.1-5; LA.1112.3.1.1-3; LA.1112.3.2.1-3; LA.1112.3.3.1-4; LA.1112.3.4.1-5; LA.1112.4.2.1; LA.1112.4.3.1-2; LA.1112.5.2.1-5; LA.1112.6.4.1-2

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