

Tracks to Transition: Helping Your Teen Make Healthy Food Choices

There may be many reasons that your teen is overweight. Sometimes it is because of their other health conditions. Some health conditions contribute to weight because their body

- breaks down food and burns calories more slowly than other people
- does not feel full when eating so they don't know when to stop eating

Here are a few ways to help teach your teen to make healthy food choices:

- Take them with you to the grocery store. Visit the areas with fresh fruits and veggies and let them choose a few fruits and a few veggies to cook each week.
- Make a healthy diet plan for your teen. If you can, ask to meet or set an appointment with a dietitian (food expert) for help.
 - **Do not make or have fried foods** like fried chicken, corn dogs, potato chips, and french fries.
 - **Limit sweets** like cakes, cookies, candy and pies.
 - **Choose baked or grilled foods** like baked chicken, grilled fish, or low-fat meat.
 - **Limit salty (high sodium) foods** like lunchmeat, canned foods, pickles, and salty snacks.
 - **Choose high fiber foods** like whole wheat bread or tortillas, beans, brown rice and whole-wheat pasta.
- Ask them to make a scrapbook with photos of foods they cut out of magazines or newspapers.
 - Help them put the foods into groups.
 - **Go** = healthy
 - **Slow** = sometime
 - **Woah** = unhealthy
 - Teach them to pick foods mostly from the **Go** or **Slow** groups.
- Be a good example and try to make healthy food choices for yourself too!