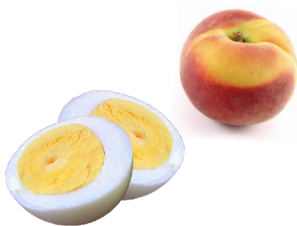
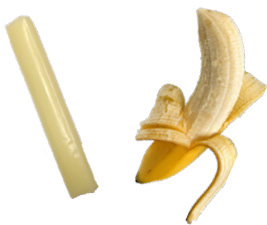


5 Backpack Friendly Strategic Snacks

1 cheese stick
+
1 small banana



1 boiled egg
+
1 piece of fruit



10-12 nuts
+
2-3 cups
air-popped popcorn



$\frac{1}{4}$ cup
roasted
chickpeas

1 Tbsp
nut butter
+
1 slice of whole
wheat bread



Healthy Living Tips for Teens

- 1. Fuel your body.** Eat 3 meals and, as needed, snacks daily.
- 2. Create balanced meals and snacks.** Include quality protein, healthy fat and nutrient dense carbohydrates.
- 3. Choose mostly real food made by nature.** Limit highly processed, fried and fast foods.
- 4. Eat a variety of colorful foods every day.** Aim for the rainbow: **ROY G BIV.**
- 5. Stay hydrated.** Drink lots of water throughout the day. Eliminate soft drinks and sweetened beverages.
- 6. Be physically active** for at least one hour every day.
- 7. Get adequate sleep nightly.** Aim for 8 hours a night or more.

For more information on healthy teen living, check out **A Guide for Teenagers: Take Charge of Your Health.**



**SAS Nutritionists are available for
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