

Teen Food & Fitness

Healthy Ideas for Red Bluff Joint Union High School Students

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Red Bluff Joint Union High School
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FAST TAKES

Better body image
Many tweens and teens compare their bodies to the ones they see in magazines, on TV, and in movies. Help your child feel better about himself by pointing out that these images aren't typical or even realistic. Magazine photos are retouched, and actors get special makeup, clothing, and lighting to make them look better than in real life.



We can do this!

Here's an idea for getting fit together: Create a family physical activity contract. Set goals, and brainstorm ideas for getting there (walking 30 minutes a day, reserving weekend mornings for family fitness activities). Ask your tween to write out the contract, and then she can have everyone sign it.

Did You Know?

Greek yogurt has about 50 percent more protein than regular yogurt. To make it even healthier, mix 1 tsp. jam or honey into plain Greek yogurt for sweetness. Or gently stir fruit-on-the-bottom Greek yogurt to bring up just a little fruit—that way some of the sugar is left at the bottom.

Just for fun

Q: Why did Andy stare at the grapefruit juice can?

A: It said, "Concentrate."



Eating well while eating out

Does your teenager see eating out as an excuse to throw good nutrition habits out the window? Use these suggestions to let her know that choosing healthy foods is important wherever she eats.



Watch portions

Restaurant entrees are often enough for two or even three meals. Your child might consider sharing her meal with someone else or asking that half be packaged to take home—before she even begins eating. That way, she won't be tempted to eat the whole thing. Another idea is to order an appetizer as her meal.

Avoid fried foods

Look for grilled meats and roasted vegetables on the menu instead of fried or sauteed dishes. Also, she could swap out sides to swap out the grease. If she asks the server, she may be able to get a

side salad or roasted sweet potatoes in place of French fries or onion rings.

Go for variety

Talk about how to scan menus for the best choices. Your teen should aim for a mix of lean protein (chicken, fish), complex carbohydrates (say, brown rice), and fruits and vegetables for various nutrients. *Tip:* The "plate" at choosemyplate.gov will give her a good visual image. Half her plate should be fruits and vegetables, and the other half proteins and (mostly whole) grains. ♡

Behind-the-scenes cheerleader

Whatever physical activity your children you can get behind them with these ideas.

- Check schedules. If they're on teams, put their practices, games, or meets on your calendar so you can make sure they get there.
- Give a lift. Offer to take your tweens or teens to the rec center or a park to meet friends for workouts or a soccer game.
- Show interest. Attend games, watch their activities, and pose questions that show you care. You might ask, "What techniques are you working on for your backhand?" or "What time are you trying to beat for the 100-meter freestyle?" ♡

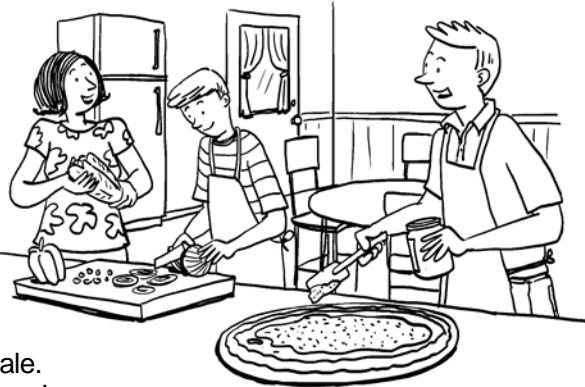


Veggie lovers

Turn picky eaters into vegetable lovers with these strategies for making the green (and yellow, orange, and purple) stuff appeal to your child.

Mix with favorites. Pair vegetables with foods your tween or teen already likes. For example, add diced green and red bell peppers to meatloaf. Top pizza with tomatoes, asparagus, or kale. Or put grated zucchini into casseroles. *Idea:* Shred and freeze carrots so you can easily add them to dishes as you cook.

Try new ways. The same vegetable prepared a different way could be just the ticket. Roasting vegetables like broccoli and



cauliflower at high temperatures creates a crisp outside and tender inside. Or vegetables may appeal more to your child without any cooking at all. Put out celery sticks and cauliflower florets as you might bananas—he can eat them as a snack any time.

Let them chop. Turn the job of vegetable prepping over to your teen. He'll be more likely to eat something he has prepared. Show him how to safely dice and slice, or have him look up online videos explaining how to properly cut various vegetables.

PARENT TO PARENT



Lighten up

For my daughter Elena's assignment in health class, she needed to pick a family recipe to make healthier. She decided to call her grandmother for ideas, and that led to a long discussion about some of Oma's prized recipes, including her famed cornbread.

Oma's version included lots of white flour, butter, and sugar, so Elena looked for ways to lighten things up.



She settled on swapping the regular flour for white whole-wheat flour (which is a whole grain) and using pureed corn kernels to replace most of the butter. Since the corn would add sweetness, she cut the sugar in half.

The cornbread might not be exactly like Oma's, but it turned out just as moist and almost as tasty. In fact, Elena was so pleased that she even boxed up a few pieces and sent them to Oma for a taste test.

ACTIVITY CORNER

A drummer's workout

With a pair of drumsticks, your teen can get a full-body workout while having a blast channeling his inner rock star. Suggest that he put on his favorite music and try these moves.

1. Stand with legs stretched wide. Bend over and hit the floor with the drumsticks four times, then stand up and tap them together over your head four times. Repeat for one minute.
2. Stand with legs apart and arms above your head with drumsticks crossed. Lower your right arm, bending at the waist, and tap the back of your left leg. Raise your arm back up, and hit the drumsticks together. Alternate sides for the length of a song.
3. Do regular jumping jacks, but each time you bring your arms together at the top, tap the sticks together. Work up to 20–30 repetitions.



Note: Drumming classes at gyms use weighted sticks. Your teen can opt for regular drumsticks or substitute two long wooden spoons.

In the Kitchen

The magic of sauces

Sauces can add that final spark to a dish. Even better, they can add nutrients, too! Make these simple sauces to top grilled or baked meats, grains, or vegetables.

Spinach chimichurri

In a blender, combine 2 cups spinach, 1 clove garlic, 2 tbsp. red wine vinegar, juice from one lemon, and $\frac{1}{8}$ cup olive oil.

Maple mustard

Whisk together $\frac{1}{2}$ cup Dijon mustard with $\frac{1}{4}$ cup pure maple syrup.

Lemon-parsley

In a food processor, place $\frac{2}{3}$ cup flat-leaf parsley, 2 tbsp. each olive oil and lemon juice, 1 tbsp. white wine vinegar, $\frac{1}{2}$ tsp. onion powder, and $\frac{1}{8}$ tsp. each salt, pepper, and paprika. Pulse until smooth.

Tangy soy-orange

Mix $\frac{1}{2}$ cup low-sodium soy sauce and $\frac{1}{2}$ cup orange juice. *Variation:* This also works well with lime juice instead of orange juice.



OUR PURPOSE

To provide busy parents with practical ways to promote healthy nutrition and physical activity for their children.

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Consult a physician before beginning any major change in diet or exercise