

Caregiver Corner

Years 14-18

As a caregiver, you are a role model for your child in developing food preferences. As they get older, continue to encourage healthy food choices. Encourage your child to eat a variety of fruits and vegetable, whole grains, dairy products (like milk and yogurt), and protein foods (like beans, chicken, nuts, and eggs). **Here are a few ways you can help your teen eat a healthy diet throughout the day!**



Start with a breakfast that will fuel the day ahead. This could include whole grain toast with a nut butter and a banana or oatmeal and blueberries.



Encourage your teen to eat a variety of colors. Having a sandwich for lunch? Pile on the veggies or have baby carrots and celery as a side dish. Encourage your teen to eat the fruits and veggies offered at school.



Enjoy this time as a family. Throw a blanket on the floor for an indoor picnic or gather around your family table.



Have your child drink water first when thirsty. Offer milk at meals or snacks. Talk to them about avoiding sodas, caffeine beverages, and other beverages with added sugars.



Hungry after school? A low fat cheese-stick and orange slices are a quick and healthy snack for your teen.



Small changes can make a big difference! Swap out a sugar - filled beverage for water or shift to a whole grain bread. Start with small changes.



Your teen can help in the kitchen. Find those activities that are safe for your child to help with and feel involved in their meals.

In addition to a healthy diet, activity is an important part of your teen's day. Your child should have 60 minutes of activity each day. Even small bits of activity add up! Activity can be easy and low-cost. Consider taking a stroll together or enjoying time at a nearby park. Looking to do things inside? Turn on your favorite music app and try some new dance moves.



Your teen should be getting at least 10-11 hours of sleep each night. While this can be tough, try sending them to bed just 15 minutes earlier than the previous week.



Focus on your child's many strengths! Avoid commenting on your child's weight, size, or shape.



Try to reduce screen time a little each day. Try a "no phone" time with your entire family.

Teen's Turn

Set Goals and Crush them

What is your health goal?
Make it SMART!



Try to eat from all **5** food groups

Some healthy snacks I would eat

Specific
Measurable
Action-Oriented

write your **GOAL**

Realistic
Timed

Track it						
M	T	W	Th	F	Sa	Su
✓						

Sixty minutes of activity per day. What will you do each day?

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

H₂O

60 minutes of activity

Drink water when thirsty

Avoid **CAFFEINATED** beverages and **ENERGY DRINKS**