

Look for chances to challenge your choices.
It's about eating and being active.
Watch for chances to make good choices!



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A SPECIAL PUBLICATION MADE JUST FOR YOU!

yourSELF



WHO'S
NORMAL?
Are You?

FEED ME!
Quick & Easy
Snack Ideas

HELP!
Got A Food or
Health Question?
We've Got Some Answers

We're Talking About YOU.

That's right, you. It's no secret that you're changing. The way you look, feel, dress, even think about things is probably different now than it was a year or even a few months ago. That's okay. In fact, it's absolutely, positively, perfectly **NORMAL**.

This magazine is all about helping you discover how to **be your best** as your body grows and changes. Inside you'll find all sorts of interesting bits and bites about growing, eating, and being active during your **very important teen** years. But what it all comes down to is choice. It's **your choice** to make the decision to choose the foods and physical activities that are right for your body now and (surprise!) the years to come. This magazine will help you keep doing the right things.

It's easy to get in the habit of making



healthful choices that fit your lifestyle. These five tips will help get you started:

BE REALISTIC: Make small changes over time in what you eat and the level of activity you do. Small steps work better than giant leaps.

BE ADVENTUROUS: Expand your tastes to enjoy a variety of foods.

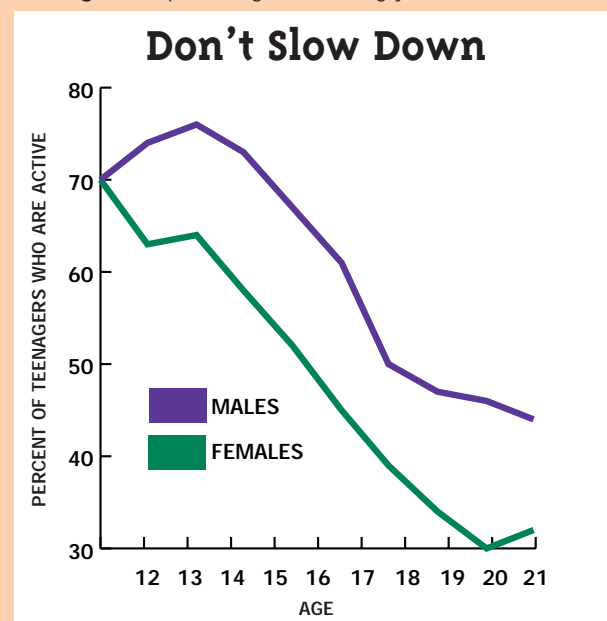
BE FLEXIBLE: Go ahead and balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.

BE SENSIBLE: Enjoy all foods, just don't overdo it.

BE ACTIVE: Walk the dog, don't just watch the dog walk.

You're On The Move!

Here's proof that teens your age are active—but many stop being active as they get older. You need to **keep moving** to keep looking and feeling your best!



Percent of adolescents and young adults who participate regularly in vigorous physical activity.

You're In The Know

Here's how teens from around the country stack up when it comes to nutrition smarts:

98% of teens recognize the importance of eating plenty of fruits, vegetables, and high-fiber foods.

80% can name at least three of the five food groups

65% say eating habits can affect future health

Okay, now how much do *you* really know?

What percentage of girls do you think get **ENOUGH** calcium?

What percentage of teens your age eat too much fat?

ANSWERS:

Only 30% of girls get **ENOUGH** calcium. 90% of teens eat too much fat.

Contents



Are You Normal? 2

Yesterday you were an ordinary kid. Today, well, you're different.

Get the Picture 4
What time is your clock set to?

It's Normal to be Different 5
Here's more proof.



Feed Me! 6

Can't seem to get enough food? What to do? Read this!

What's a Serving Anyway? 8
Confused by those Pyramid serving sizes? Wonder no more.

Snack Attack 10

Hungry again? Hmm. Snacktoids to the rescue!

Move It! 12
No more excuses. Get off your butt and . . .

Just for You 14
Have a food and health question? Great! We have some answers.

What's Your Goal? 16
What's important to you? Figure it out here.



Team Nutrition is:

an educational initiative—delivered in schools, through the media, at home, and in the community—to motivate and empower schools and families to serve meals that meet the Dietary Guidelines, and to support students in developing a healthy pattern of food choices.

Credits

Intro: © 1996 The Dietary Guidelines Alliance; International Food Information Council; CDC 1992 National Health Interview Survey/Youth Risk Behavior Survey.

p.5: Growth Charts are from the National Center for Health Statistics, CDC (revised 1998) Teaching concept: O'Dea, JNE 28:293A, 1996.

p.12: Activity Pyramid adapted from Park Nicollet Foundation.

Food photographs are FOOD MODELS, courtesy of the National Dairy Council®.

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Are You Normal?

They're All Normal

All five of these kids are 13 years old. They vary in size and shape, but that's **NORMAL!**

6'

5'

4'

3'

2'

1'



Very weird things are happening. One day you're an ordinary kid, minding your own business, eating three meals a day, happy after a good night's sleep. The next day, your body is transformed into a ravenous eating machine.



Your new sneakers shrink as you lace them. Your clothes never fit quite right. Oddly enough, a changing face and body looks back at you in the mirror. Weird.

What gives? You just hit that crazy time in your life called *adolescence*.

That's right, adolescence: when your body gears up for its biggest growth spurt since you were a baby. Hold on to your hat because, by the time it's over, you're likely to be 20 percent taller and 50 percent heavier than you were before it started.

What's going on in your body is perfectly normal. Really. It's all part of transforming you from a kid to a grown-up.

Where Does All That Food Go?

Hungry all the time? Relax. It's just your body's way of saying it needs more fuel for some very important work. You need food to grow. Now, let's quickly look at where all this food is going . . .

. . . To Your Bones

Almost half your adult skeleton forms during your teenage growth spurt. Still wonder why your jeans might be too short and your shoes too tight?

Girls, this is when your hips begin to widen. Your body fat increases as part of maturing. That's normal. And boys, watch out: your shirts might be a little too small as your shoulders start to broaden.

As your bones get longer, they also get stronger. But your body can't build bones by itself.

Bones need calcium. Now is a really, really important time for you to eat and drink calcium-rich foods, such as milk, yogurt and cheese.

Calcium-fortified fruit juice, spinach, and tofu are among the other foods that provide calcium.

Remember to move, too. Sitting on your butt won't help your bones.

Physical activities that carry your weight, such as walking, playing ball, and dancing, help strengthen your bones.

. . . To Your Muscles

Besides stronger bones, physical activity also builds muscles. You need muscles to drag your body out of bed, brush your teeth, carry your books, sit up straight . . . you name it. You can't even blink without using a muscle.

So keep these mighty machines working by feeding them. Muscles need overall good food choices, not just extra protein, to thrive and grow.

. . . To Your Red Blood Cells

Your bones are growing. Your muscles are growing. Along with everything else that's growing, your body is pumping out more red blood cells, too. Of course, you don't even realize it—just another reason why your body is so great.

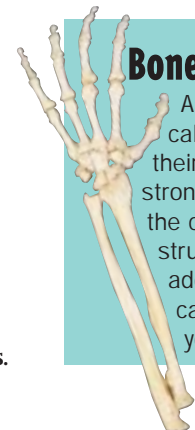
To keep in tip-top form, your blood cells need iron from food. Healthy blood cells use iron to bring oxygen to all your body cells. Once it's there, your body uses oxygen to make energy.

The Meat Group is loaded with iron-rich foods. So are some vegetables and many enriched grain products. To pump up the iron in your food choices, eat chicken, cooked dry beans, a burger, spinach, whole wheat bread, or fortified cereal.

Girls need more iron than boys do, to replace iron lost through their monthly menstrual flow. Guys and gals, keep your energy levels up. Eat enough iron-rich foods. In fact, eat some today!

Bone Up On Calcium

As bones grow longer, calcium gradually fills in their framework so they grow stronger, too. Calcium is like the cement that fills in the structure of a building. It adds strength—in this case—to the structure of your bones.



Get the Picture

Like the color of your eyes and hair, how you grow is a trait you're born with.

All right, so when will you start (or stop) growing? That depends on your own genetic time clock. One way to get a peek at the "time" is to ask your parents and your family members (aunts, uncles, grandparents, and cousins) when they started growing. Chances are, your clock could be set to a somewhat similar time. If they shot up like a rocket at age 13, you might, too.

Boys and girls are different. Surprised? Girls often start their growth spurt early in their teen years, sooner than boys. For girls, it might last about three years. Boys usually start their growth spurt a little later, mostly towards the middle of their teen years. Then they grow for four to six years.

Like your height, your body type is determined by your genes. Some people have a smaller bone structure; others have a larger body frame. That's another way each person is different.

Again, the best way to get a hint at your own body type is to look at your parents and other relatives and find out what they were like at your age. Hard to imagine, but your parents were kids once, too. Just like you and your friends, they came in all sorts of shapes and sizes.

It's important to remember that as you get older your body will



continue to change. It's all right. It's supposed to be that way.

ONLY YOU

There's no one perfect body size. Honest. So don't waste your time trying to look like someone you're not. In fact, it's silly to compare yourself to fashion models, popular athletes, movie stars, or even your best friend. Be yourself. Be proud and happy with who you are. You're unique, and that's what is so great.



Hey Mom! Hey Dad!

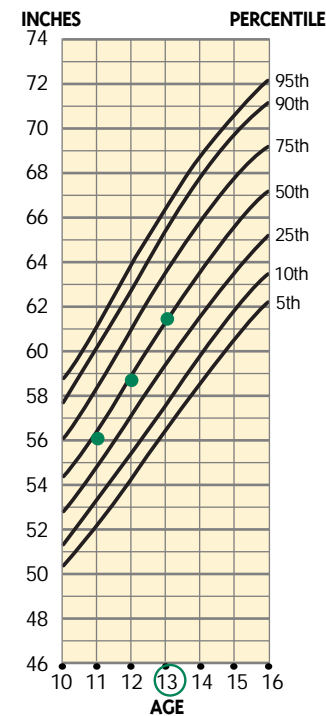
One way to get an idea of what size might be right for you is to look at photos of other family members when they were your age. Ask them when they started their growth spurt. How tall were they? How did they feel as their bodies changed?

It's Normal to be Different

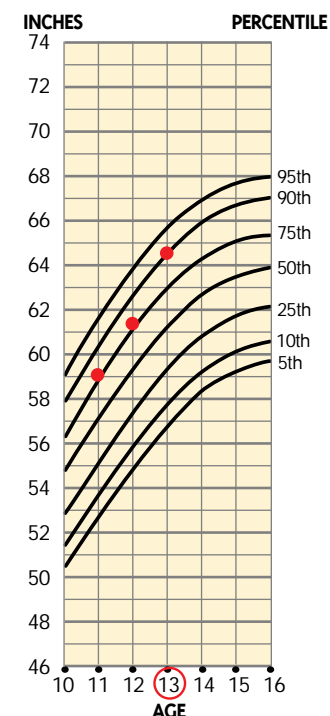
You can track your growth using a Height Chart and the Body Mass Index Chart (there are charts for guys and gals). They both show how *you* compare to *you*—last year and the year before. Plot your growth every six

months or so. With a Height Chart, you can even get an idea of where your growth pattern is headed. But, like the bathroom scale, a Height Chart or a BMI Chart won't tell how much body fat, bone, or muscle you have.

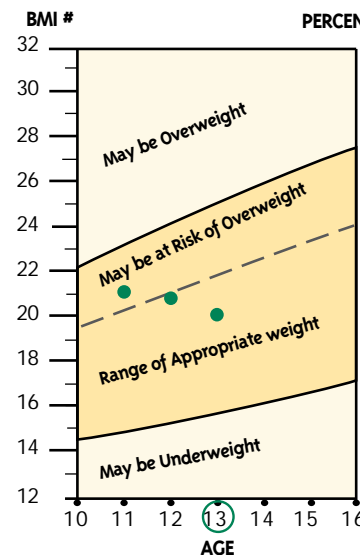
Derek's Height Chart



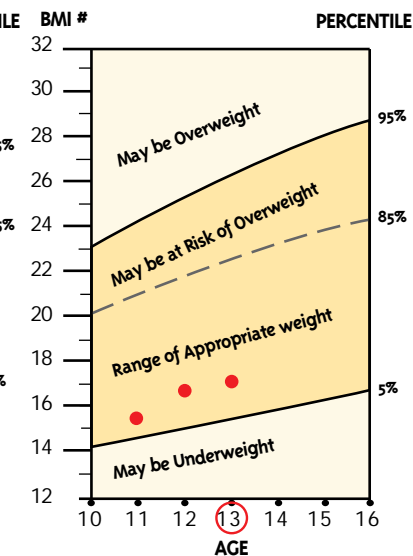
Janine's Height Chart



Derek's BMI Chart



Janine's BMI Chart



- **Height Chart:** shows your increase in height from year to year.
- **Body Mass Index (or BMI) Chart:** helps you look at your body size over time, taking both your height and weight into account.

Everyone has his or her own pattern of growth. However your own pattern of growth shows up on the chart, it can be normal for you.

The charts here show how Derek and Janine (shown on page 4) plotted their height and their BMI for three years.

On the Height Chart for their gender . . .

- To mark the chart, they found their height in inches on the left side of the chart and their age on the bottom.
- At age 13, Derek's height is at the 50th percentile; Janine's is at the 90th percentile. That means if Derek lined up as one of 100 boys his age, 49 would be shorter than he, and 50 would be taller. For Janine at the 90th percentile, 89 girls would be shorter and 10 would be taller.

On the BMI chart ...

- Here's how Derek figured his BMI:
 Changed his height to meters — 1.6 m
 Changed his weight to kilograms — 50.9 kg
 Squared his height — $1.6 \text{ m} \times 1.6 \text{ m} = 2.56 \text{ m}^2$
 Figured his BMI — $50.9 \text{ kg} \div 2.56 \text{ m}^2 = 20$ (rounded)
- To mark the chart, he found his BMI on the left side of the chart and his age along the bottom.



Track Your Growth

Page 2 of the Student Activity Booklet helps you track your growth pattern using the Height Chart and the BMI Chart. This is a realistic way to see your self. It's not just someone's opinion.

Snack Attack

You're hungry. Again. Your stomach is grumbling. You reach for the only thing that will quiet the rumbling—a snack. But what's the deal? Why do you seem to be so hungry all the time? You're growing. Your body needs extra energy and nutrients from food. So quiet the grumble and rumble: eat a snack. Now, read on for some tips to help your snacking be tops.

Snacktoid #1:

Pick snacks to fill in your Pyramid gaps:

- Hit your day's Bread Group target by snacking on a bagel, pretzels, popcorn, muffin, breakfast cereal, or oatmeal cookies, among others.
- If your day's meals come up short in the Vegetable and Fruit Groups, reach for crunchy raw vegetables, frozen fruit juice bars, dried fruit, or a piece of whole fruit.
- Short on the Milk Group? Grab string cheese, a carton of reduced fat yogurt, frozen yogurt, or guzzle a glass of milk.
- If you have a gap in the Meat Group, try a hard-boiled egg, a slice of meat, or a handful of peanuts.



Snacktoid #3:

Take time to enjoy your snacks, as well as your meals. It takes a while for your brain to know your stomach is full. Slow down, eat, and enjoy.

Did You Know . . . ?

When you choose vegetables, paint your plate with color! Besides their good looks, dark-green leafy and deep-yellow vegetables can serve up a hefty amount of vitamin A and folic acid, nutrients that help keep you healthy. (Vitamin A is also great for healthy skin.) Plus, these foods are low in fat. What a great reason to snack on a carrot, red bell pepper, or spinach salad!



Snacktoid #2:

If you snack on foods that have some fat or sugars, no problem. Just keep your helpings sensible.



Snacktoid #4:

Make snack drinks count toward food-group servings. Drinking reduced fat milk, fruit juice, or a shake as a snack can help build your day's Pyramid.

Snacktoid #5:

Do you reach for a snack when you're bored, nervous, happy, angry, or tense? If you do, you may be eating when you're not hungry. Find other ways to handle your feelings. Go for a walk, listen to music, or call a friend.

Snacktoid #6:

Use food labels to make smart snack choices. The Nutrition Facts tell you the calories, fat, and other nutrients in one serving. (Double the numbers for two servings.)

Eat Up!

Each of these snacks counts toward servings from two to three food groups. They're ranked from super-easy to takes-some-effort to prepare.

ULTRA EASY, NO FUSS

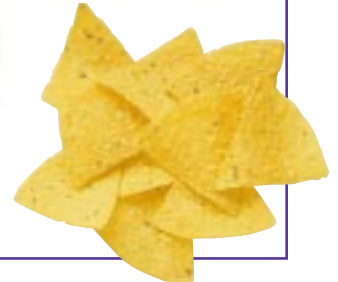
- reduced fat yogurt, topped with a favorite fruit
- baked tortilla chips with salsa
- baby carrots

EASY, MINOR PREPARATION

- ice cream sandwich, made with oatmeal cookies
- microwave noodle soup mixed with corn or other vegetables
- peanut butter sandwich with banana slices

A LITTLE MORE EFFORT

- fruit smoothie, made with ice cream, fruit and reduced fat milk
- ham and lettuce, rolled up in a soft tortilla
- microwaved potato, topped with reduced fat cheese



Check Nutrition Facts

Thirsty? Which of these drinks would you choose? As you think about your choice, look at the Nutrition Facts on the food labels. Which drink would you choose for calcium? Which one for vitamin C? How big is a serving for each one?

CAN OF COLA

Nutrition Facts	
Serving Size 12 fluid ounces	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 0g	0%
Sodium 50mg	2%
Total Carbohydrate 39g	13%
Sugars 39g	
Protein 0g	

*Percent Daily Values are based on a 2,000 calorie diet.



2% CHOCOLATE MILK

Nutrition Facts	
Serving Size 1 cup (236 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 130	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated Fat 3g 15%	
Cholesterol 20mg	7%
Sodium 125mg	5%
Total Carbohydrate 13g	4%
Dietary Fiber 0g 0%	
Sugars 12g	
Protein 8g	
Vitamin A 10%	Vitamin C 4%
Calcium 30%	Iron 0%
Vitamin D 25%	

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Calories: 2,000 2,500
Total Fat Less than 65g 80g
Saturated Fat Less than 20g 25g
Cholesterol Less than 300mg 300mg
Sodium Less than 2,400mg 2,400mg
Total Carbohydrate 300g 375g
Dietary Fiber 25g 30g

ORANGE JUICE

Nutrition Facts	
Serving Size 8 fl oz (240 ml)	
Servings Per Container 8	
Amount Per Serving	
Calories 110	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g 0%	
Cholesterol 0mg	0%
Sodium 0mg	0%
Potassium 450mg	13%
Total Carbohydrate 26g	9%
Dietary Fiber 0g 0%	
Sugars 22g	
Protein 2g	
Vitamin A 0%	Vitamin C 120%
Calcium 2%	Iron 0%
Thiamin 10%	Niacin 4%
Vitamin B6 6%	Folate 15%

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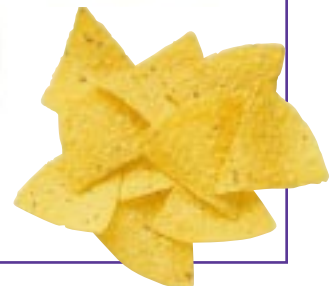
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- baby carrots

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Calcium 30%	Iron 0%
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Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

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Move It!

Your body counts on you to be active to help strengthen your bones and build lean muscles. So stop sitting around and get moving!

Okay, you know it's smart to be physically active. But how much activity is enough?

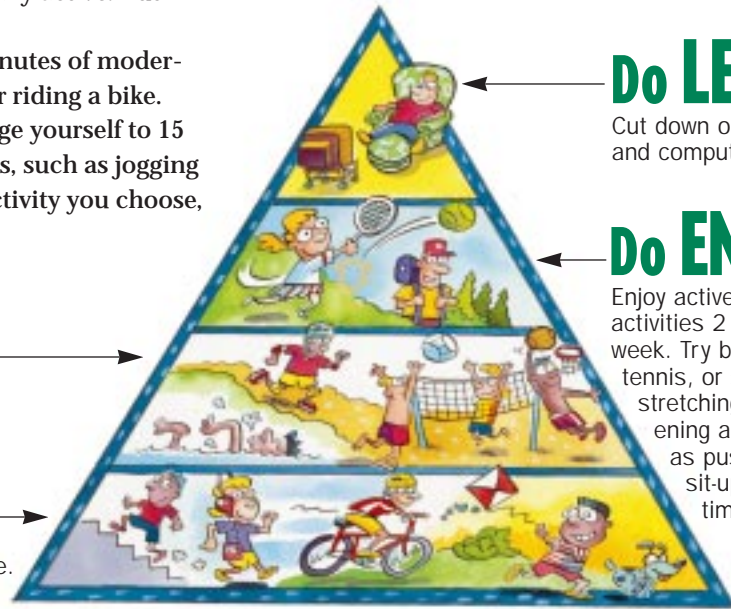
Each day, try to work in about 30 minutes of moderate physical activity, such as walking or riding a bike. Or, at least three times a week, challenge yourself to 15 to 20 minutes of more intense activities, such as jogging or one-on-one basketball. Whatever activity you choose, make every day an active day.

Do MORE

Do intense activities, such as swimming, in-line skating, soccer, or volleyball, 3 to 5 times a week.

Do PLENTY

Add more daily physical activity to your life. Take the stairs. Walk or ride your bike.



Do LESS

Cut down on TV watching and computer games.

Do ENOUGH

Enjoy active leisure activities 2 to 3 times a week. Try brisk walking, tennis, or softball. Do stretching and strengthening activities, such as push-ups and sit-ups, 2 to 3 times a week.

How Much Do You Move?



Find out how active you really are—keep a Physical Activity Diary. Here's Derek's diary. Check it out, then fill in your own in the Student Activity Booklet.

REMEMBER: When you're doing a physical activity you should be able to talk, not sing.

WEEKDAY	PHYSICAL ACTIVITY	HOW LONG?
Monday	Walked to School Swept garage	10 minutes 5 minutes
Tuesday	Walked to School Walked home	10 minutes 10 minutes
Wednesday	Walked to School Carried 4 heavy garbage cans to curb	10 minutes 5 minutes
Thursday		
Friday	Danced at Halloween party	15 minutes
Saturday	In-line skating	1 hour
Sunday		

Did you get at least 30 minutes of moderate activity each day? **NO.**

Did you get at least 15 minutes of more intense activity three times a week? **NO.**

Do you think you're getting enough physical activity? Why? **NO. Probably I'm spending too much time**

playing computer games and surfing the net. I also hang out with my friends a lot, just listening to music.

How can you fit more regular physical activity into your life? I guess I should try turning off my computer. I could get my friends to go in-line skating after school. I could walk to and from school every day.

10 Ways to Get Physical

Pick and choose your own way to becoming a better you. Consider these fun ways to put more action in your life.

1. Take Your Feet

Forget about asking your folks for a ride. Put your feet to the ground and start walking. Your feet will thank you, your heart will thank you, and Mother Nature will thank you for helping to cut down on air pollution.

You wouldn't want to be put out of action your first time rolling.

3. Take the Stairs

Forget the elevator. By simply taking the stairs every chance you can, you'll get a workout without even thinking.

4. Walk the Dogs

Whether you volunteer or get paid,



dog walking is a fun, furry way to be physically active.

5. Turn Up the Music

Shake, rattle, and roll to your favorite tunes. It doesn't matter if you do the tango or the twist as long as you move as you groove.

6. Bike There

Mountain bikes are it! They go wherever you take 'em. So grab your friends and hit the trail. Of course, wear a helmet.

7. Earn Extra Cash

That's right, make money while helping your body. Try mowing



lawns, weeding gardens, shoveling snow, and cleaning garages.

8. Baby Sit

Sounds silly, but if you've never kept up with a toddler you're in for a surprise. They move—and they move fast. Keeping your eye on a tot can challenge even the quickest.

9. Lap It Up

Swimming, diving, even water polo are all great activities and a real splash to do with friends. So don't be a drip, learn to do a flip.

10. Play One-on-One Basketball

Talk about a total body workout. First person to 21 wins!

TRY THIS! Talk Your Head Off

Here's a way to see if your body is getting a good workout. *If you can talk while doing a physical activity, you're probably moving at a pace that's right for you. If you're too breathless to talk, slow down. And if you can sing, you may not be working hard enough—so get moving!*

Just for You

Want a few more zzzz's in the morning? Tired of your mom nagging you to drink more milk? Are your friends constantly trying to get you off your butt? Read on for ways to answer these questions plus a few more.

QUESTION: Every morning I can barely scrape my body out of bed. I have no time for breakfast, and I'm starved by 11 am. What can I do?

ANSWER: Your body is changing. It's natural for you to need more sleep now (even if you get to bed at a reasonable hour) because growing requires more energy. But sleep is not the only way to recharge. Breakfast is an energy booster, too. In fact, eating in the morning not only gives you more energy throughout the day, but will also help you concentrate better in class and help control your appetite at lunch.

To catch the most zzzz's and still fuel your body, plan and package a few snacks the night before. Fruit, yogurt, bagels, crackers, cheese, and sandwiches are all excellent (not to mention quick and easy) foods to munch while waiting for the bus or a class to begin.

Q: My friends think I sit around too much. They want me to go in-line skating with them. It looks like too much effort. What's the point anyway?

A: For starters, you'll be doing great things for your body. Whether it's soccer, hiking, or riding a bike, being

active strengthens your bones and muscles, including your heart. Start out slowly. You'll build endurance the more you do. Tip: The more you move, the more energy you may have.

Q: No one is saying I'm fat, but my friend and I are exactly the same height, yet I weigh 10 pounds more than she does. What should I do?

A: You need to accept and respect your differences. Differences in your growth rate and your body structure make your weight—and height—unique to you. Much of your body shape and size is inherited. Your weight *now* doesn't tell you what you will weigh when you are an adult.

Q: I'm starving after school. When I get home, I pig out on snacks. Then I'm usually not hungry at dinner. This upsets my parents.

A: You're growing, so it's natural for you to be hungry more often than an adult. Smart snacking, on foods from the five major food groups, is a great way to calm a grumbling stomach. But pace yourself so you have an appetite for dinner. If you're not hungry for dinner, still join in on the family meal. Fill your plate with food to eat later when you're hungry again.

Q: My mom thinks I drink too many soft drinks. She says I should drink more milk. How can I get her to change her mind?

A: It's obvious your mom is concerned that you're not getting enough bone-building calcium. (She probably sees how fast you're growing and wants to make sure you're giving your body what it needs to be healthy.) Of course, there's nothing wrong with a soft drink



Tips to Help You Grow Into You!

Smart eating and physical activity help you grow into your healthy weight. So follow these tips to a healthy you. As you check out the rest of this magazine, you'll learn how to follow these smart living tips.

- **Watch how much and what types of foods you eat. Use the Food Guide Pyramid as your daily guide for eating.**
- **Eat breakfast.**
- **Snack smart with food-group snacks from the Pyramid.**
- **Allow enough time to eat. It takes time to feel full.**
- **Choose many foods lower in fat and sugars.**
- **Enjoy the great flavors of fruits and vegetables; try different varieties.**
- **Check the Nutrition Facts on food labels to find the nutrients and calories in a single serving.**
- **Eat at regular times. If you can, make time to eat a school lunch.**
- **Get moving. Whatever physical activity you choose, move!**

every now and then, either. Why not compromise: Drink milk with meals and save soft drinks for occasional snacks. Remember, all foods made from milk will add calcium to your bones.

Q: My friend said smoking is a good way to control hunger so I won't get fat. What do you think?

A: Gross! Smoking isn't a good way to do anything. It makes your heart and lungs work harder. It makes your breath, hair and clothes stink. It yellows your teeth and causes premature wrinkles. It's messy. It's expensive. Down the line, it increases your chance for cancer and heart disease.

Now think about this. Feeling hungry isn't a bad thing. It's your body's signal that you need to eat. As an active, growing teenager,

you need enough food-group foods for growing and for energy. Instead of a cigarette, grab an apple, nibble some pretzels or savor a scoop of frozen yogurt.

DON'T DIET!

Delete "diet" from your vocabulary. Skipping meals or following weird, unhealthy diets can actually keep you from getting the nutrients you need to grow as healthy as you could be. Trying to lose weight when your body is changing and growing isn't smart.

So what should you do if you start looking a little chunky? For starters, remember that your body was programmed for growth, not fashion. Some teens plump out before they shoot up. If you feel your weight is not right for you, talk to an adult you trust. Usually your height eventually catches up with your weight, especially if you stick to a balanced, moderate eating plan and stay physically active.



What's Your Goal?

What's important to you? Good grades? Enough energy for in-line skating? Looking your best? You can reach your goals. It just takes a little thinking, some planning, and a commitment to face a challenge.

Here are six steps to help you reach your goals.

1. Set a realistic goal. This is the most important step. Be honest with yourself. Set a goal that is within your abilities but that will also challenge you.

2. Make a plan. Think of all the small steps you can take to meet your bigger goal. When you take things slowly—step by step—you'll see progress faster. And that will feel great.

3. Prepare for challenges. Lack of time or energy are common challenges for many teens. Think of creative ways to deal with them.

4. Ask for help. There's no need to go it alone. A little support and encouragement from people who care about you can go a long way.

5. Give yourself a break. It's okay to stray from your plan now and then. Nobody's perfect.

6. Pat yourself on the back. Check your success. Whether you take only a few small steps, or get to your final destination, enjoy the rewards of being your best.

Janine

NAME: Janine

AFTER-SCHOOL ACTIVITY: Basketball

HER STORY: At every lunch, Janine spends so much time visiting with friends, she barely eats. When school is over and basketball practice begins, she's starved and buys something from a vending machine. It's the same food everyday. In the first half of practice she feels pooped—and she's still hungry.

1. Set a realistic goal. Janine decided to take charge of her food choices so she wouldn't be hungry at basketball practice.

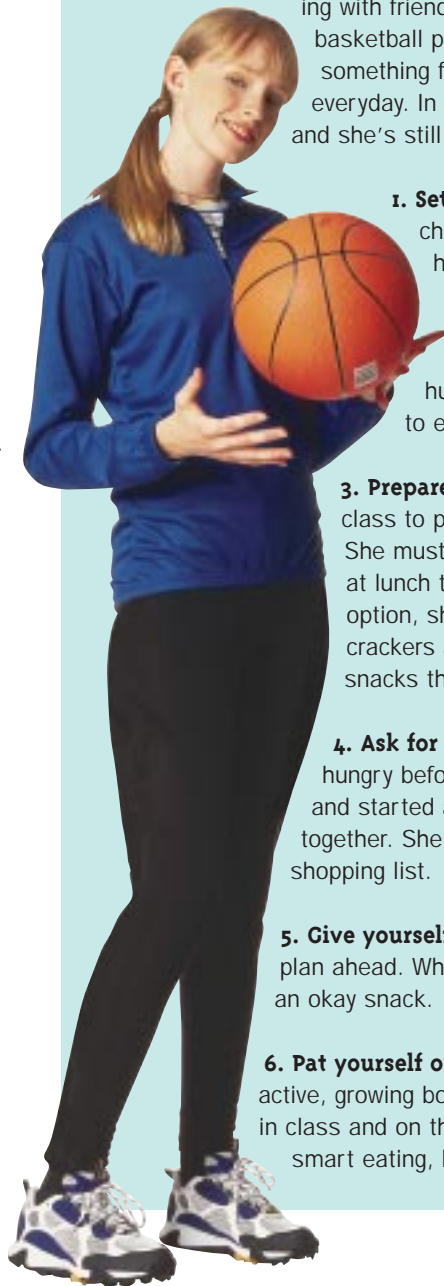
2. Make a plan. Janine's 2-step plan:
1) Eat more at lunch so she's not so hungry after school. 2) Plan snacks ahead, to eat before practice.

3. Prepare for challenges. Janine goes right from class to practice, so her snack choices are limited. She must remember to buy a piece of fruit or juice at lunch to save for a pre-practice snack. As another option, she can take a few minutes at night to pack crackers and cheese, pretzels, or baby carrots for snacks the next afternoon.

4. Ask for help. Janine knew the whole team was hungry before and after practice. So they made a deal and started a lunch-time training table so they'd all eat together. She also added her list of snacks to the family shopping list.

5. Give yourself a break. Once in a while, Janine forgets to plan ahead. Whatever she finds in the vending machine is an okay snack.

6. Pat yourself on the back. Janine knew she was giving her active, growing body nutrients needed for best performance—in class and on the court. For fun, she rewarded herself for smart eating, but not with food. She bought a new CD.



Derek

NAME: Derek, alias Mouse Potato

AFTER-SCHOOL ACTIVITY: Surfing the 'net

HIS STORY: Unknowingly, Derek linked to a nutrition website and discovered that his meals and snacks are coming up short on fruits and vegetables. As he surfs the 'net, he mindlessly nibbles away until dinner—but fruit or vegetables rarely cross his lips. He also realized his in-line skates (that he saved six months to buy) are somewhere under his bed. (Here's the nutrition web site he found: <http://www.usda.gov/fcs/team.htm>)

1. Set a realistic goal. Derek has two goals: 1) Eat at least two servings of fruit each day and three of vegetables. 2) Spend 30 minutes each day away from the computer, getting some exercise.

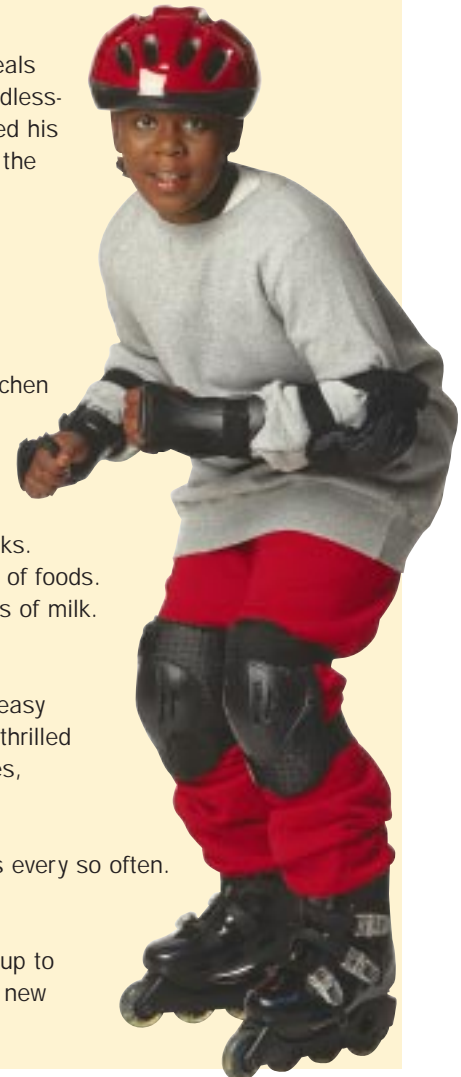
2. Make a plan. Derek's steps: 1) Ask his family to have fruit and vegetables in the kitchen to snack on. 2) Have fruit juice at breakfast. 3) Eat a salad with dinner. 4) Make a point of using his in-line skates at least three times a week, for at least 30 minutes each time. Added bonus: he hopes his plan will get him a new nickname!

3. Prepare for challenges. Derek doesn't want to spend time making after-school snacks. So he decided to make a list of quick-to-fix snacks. The kitchen is loaded with all kinds of foods. For starters, he prepares a bowl of cereal with sliced fruit, cleans up, and pours a glass of milk. It takes him only 2 minutes 15 seconds.

4. Ask for help. Derek searched the Web for a snack site and downloaded a bunch of easy ideas. He even participated in a snack chat with other hungry teens. His parents were thrilled when he contributed his ideas to the family grocery list. His best friend found his skates, too, and joined him.

5. Give yourself a break. It's okay for Derek to come up short on fruits and vegetables every so often. He knows that it's what he eats over a few days that counts.

6. Pat yourself on the back. Derek's proud of eating more fruits and vegetables; he's up to a combined five a day. For exercise, skating is great, especially with his friend. And his new nickname: Skatestar.



What's your Personal Goal?

Would it be easy or tough for you to reach? Write your goal on a sheet of paper. How will you achieve this goal? Make a plan. Anticipate challenges. Line up your support team. Finally, get moving and reach your goal. **YOU CAN DO IT!**

What's Your BMI?

To find your BMI, follow these steps:

- Find your height in inches along the top of the chart.
- From your height, run your finger down to find the line with your weight.
- The place where your height and weight meet gives you your BMI (Body Mass Index).

HEIGHT m (in)	1.24	1.27	1.30	1.32	1.35	1.37	1.40	1.42	1.45	1.47	1.50	1.52	1.55	1.57	1.60	1.63	1.65	1.68	1.70	1.73	1.75	1.78	1.80	1.83	1.85	1.88
	(49)	(50)	(51)	(52)	(53)	(54)	(55)	(56)	(57)	(58)	(59)	(60)	(61)	(62)	(63)	(64)	(65)	(66)	(67)	(68)	(69)	(70)	(71)	(72)	(73)	(74)
WEIGHT kg (lb)																										
27 (60)	18	17	16	16	15	15	14	13	13	13	12	12	11	11	11	10	10	10	9	9						
29 (65)	19	18	17	17	16	16	15	15	14	14	13	13	12	12	12	11	11	10	10	10	10					
32 (70)	21	20	19	18	17	17	16	16	15	15	14	14	13	13	12	12	12	11	11	11	10	10				
34 (75)	22	21	20	20	19	18	17	17	16	16	15	15	14	14	13	13	12	12	12	11	11	11	10			
36 (80)	24	22	21	21	20	19	19	18	17	17	16	16	15	15	14	14	13	13	13	12	12	11	11	11		
39 (85)	25	24	23	22	21	21	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13	12	12	12	11	
41 (90)	27	25	24	23	22	22	21	20	19	19	18	18	17	17	16	16	15	15	14	14	14	13	13	13	12	12
43 (95)	28	27	25	25	24	23	22	21	20	20	19	19	18	17	17	16	16	15	15	15	14	14	14	13	12	12
45 (100)	29	28	27	26	25	24	23	22	22	21	20	20	19	18	18	17	17	16	16	15	15	14	14	14	13	13
48 (105)	31	30	28	27	26	25	24	24	23	22	21	21	20	19	19	18	17	17	17	16	16	15	15	14	14	13
50 (110)	32	31	30	29	27	27	25	25	24	23	22	22	21	20	19	19	18	18	18	17	17	16	16	15	15	14
52 (115)	34	32	31	30	29	28	27	26	25	24	23	22	21	20	20	19	19	18	18	17	17	16	16	16	15	15
54 (120)	35	34	32	31	30	29	28	27	26	25	24	23	22	21	20	20	19	19	19	18	18	17	17	17	16	16
57 (125)	37	35	34	33	31	30	29	28	27	26	25	24	23	22	21	21	20	20	20	19	19	18	18	17	17	17
59 (130)	38	37	35	34	32	31	30	29	28	27	26	25	24	23	22	22	21	21	21	20	20	19	19	18	18	17
61 (135)	40	38	36	35	34	33	31	30	29	28	27	27	25	25	24	23	22	22	22	21	20	20	19	19	18	18

yourSELF



Inside this booklet...

YOU'LL FIND INFORMATION TO HELP YOU GROW INTO YOUR BEST YOU. YOU'LL ALSO FIND ACTIVITIES TO:

- Track your growth for several years, starting now.
- Help you record and check out your eating and physical activity choices.
- Help you set your personal goals and plans for healthful living.



Speak Up!

There's another way you can use this booklet: Talk about it and share it with your family. After all, they may not be familiar with all the information tucked inside these pages.

Believe it or not, the Food Guide Pyramid wasn't around when your parents were in school. And Body Mass Index (BMI) is a fairly new way to look at and measure your body size.

Of course, remember that your parents were teens once, too. Use the booklet to remind them of what it's like to be a teen. You never know, they might have some helpful tips to share with you about how they felt when they were your age.

We're Talking About YOU

Use these tips to make smart choices about eating and physical activities that are right for you. Share these tips with your parents.

- **BE REALISTIC.** Make small changes over time in what you eat and the level of activity you do. Small steps work better than giant leaps.
- **BE ADVENTUROUS.** Expand your tastes to enjoy a variety of foods.
- **BE FLEXIBLE.** Balance what you eat and the physical activity you do over several days. No need to worry about just one meal or one day.
- **BE SENSIBLE.** Enjoy all foods, just don't overdo it.
- **BE ACTIVE.** Walk the dog, don't just watch the dog walk.

Are You Normal?

When it comes to your rate of growth, instead of accepting someone's opinion, find out what's normal for YOU. Keep track of your changing body with the help of a Height Chart and Body Mass Index (BMI) Chart. These charts give you a realistic look at your self.

Just the Facts

Before using the Height and BMI Charts, fill in these facts. Ask a family member to help measure your height.

Your age: _____ years

Your height: _____ inches

Your weight: _____ pounds

Your gender: ___ girl ___ boy

Before you start tracking your growth, keep these points in mind:

- Height and BMI Charts are estimates and not the only way to judge growth. If you have questions or concerns about your growth, talk to your parents, school nurse, or doctor.
- It's normal to be different. Kids grow at different rates, in different ways. There's no single size, shape or growth clock for everyone.
- Your growth rate is probably similar to others in your family. Ask your relatives if they remember how old they were when they started growing.
- Your height, weight and body shape may be like others in your family, too. People who consider themselves underweight may really come from slim families. Those who think they're overweight may come from either overweight or muscular families.



Track Your Height

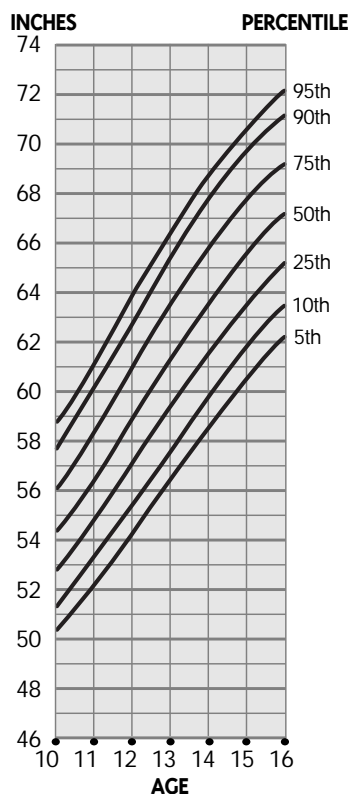
Plotting your height on a Height Chart is one way to see how tall you are and to show how you fit within a wide range of heights for your age.

Do this:

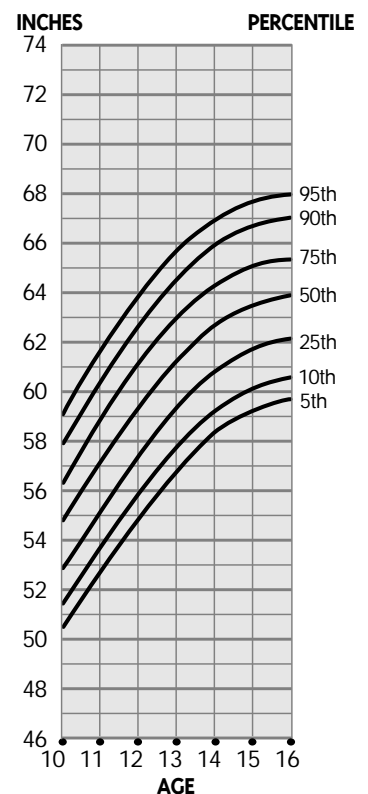
- Find your height in inches along the left side of the chart.
- Find your age along the bottom of the chart.
- Put a dot on the chart where your age and height cross.
- If you know your height a year ago, and two years ago, plot them, too. Then connect the dots. (Ask your parents, school nurse or family doctor for height records.)
- Which percentile line comes closest to your dot? The percentile shows how you compare to an average group of 100 boys or girls your age. If you're near the 50th percentile line, then 49 boys or girls your age are shorter, and 50 are taller.
- How tall might you be as an adult?

REMEMBER Every person has his or her own pattern of growth.

Boy's Height Chart



Girl's Height Chart



NCHS/CDC Growth Charts (Revised, 1998)



What's Your BMI?

Keeping track of your Body Mass Index (BMI) helps you see your body size in a realistic way. To figure your BMI, you need to know your height (no shoes) and weight (without heavy clothes). You may also need a calculator to do the math. Here's how:

Here's how Derek figured his BMI ...

- Changed his weight to kilograms — 50.9 kg
- Changed his height to meters — 1.6 m
- Squared his height — $1.6 \text{ m} \times 1.6 \text{ m} = 2.56 \text{ m}^2$
- Figured his BMI — $50.9 \text{ kg} \div 2.56 \text{ m}^2 = 20$ (rounded)

➔ CHANGE WEIGHT TO KILOGRAMS (kg).

$$\underline{\hspace{2cm}} \text{ lb.} \div 2.2 \text{ kg} = \text{[]} \text{ weight in kgs.}$$

(weight in pounds)

➔ CHANGE HEIGHT TO METERS (m).

$$\underline{\hspace{2cm}} \text{ in.} \div 39.37 \text{ m} = \text{[]} \text{ height in m.}$$

(height in inches)

➔ SQUARE YOUR HEIGHT IN METERS.

$$\text{[]} \times \text{[]} = \text{[]} \text{ height in m}^2$$

(height in meters x height in meters)

➔ NOW FIGURE YOUR BODY MASS INDEX (BMI).

$$\text{[]} \div \text{[]} = \text{BMI \#} \underline{\hspace{2cm}} \text{ (rounded \#)}$$

(weight in kilograms) \div (height in meters)²

➔ FIND YOUR AGE ON THE BOTTOM OF THE CHART.

➔ FINALLY, FIND YOUR BMI ALONG THE LEFT SIDE OF THE CHART.

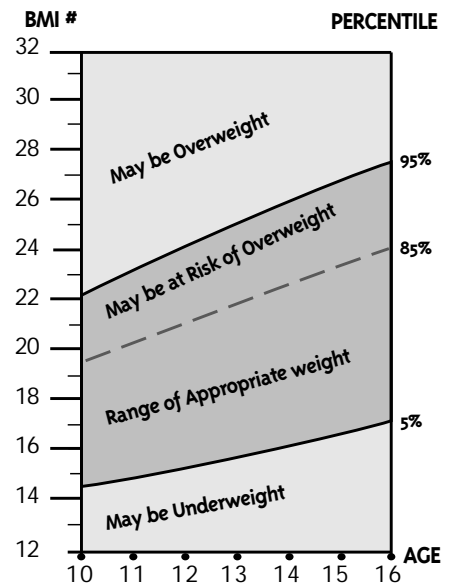
So What Do I DO?

No matter where you are on the chart, the advice is still the same:

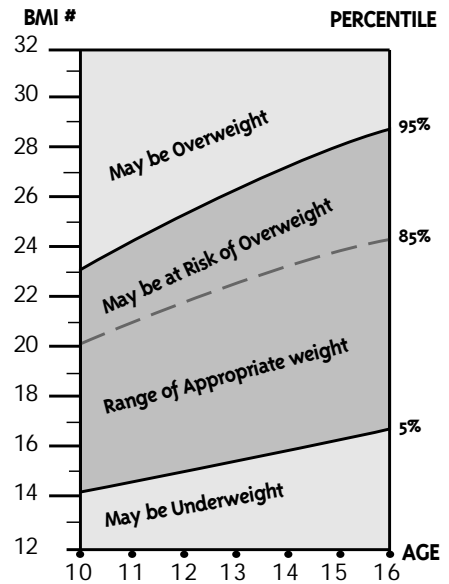
- Eat at least the minimum number of Pyramid servings from each group, every day. Don't diet to lose weight.
- Be physically active every day.
- Talk with your family and a doctor about your growth pattern.

REMEMBER The BMI does not measure bone, fat or muscle. Since teen's bodies are changing, it is not clear if some teens may be at risk of being overweight, or are at an appropriate weight. Making food and physical activity choices for a healthful lifestyle is what's important for you.

Boy's BMI Chart



Girl's BMI Chart



NCHS/CDC Growth Charts (Revised, 1998)

Watch Yourself Grow

Keep these Height and BMI Charts handy (stick it inside a kitchen cupboard). Ask your family to help you plot your progress two or three times a year (maybe on a regular school holiday or your birthday). Do it a couple times a year and you'll "see" yourself grow.

Feed Me

What did you eat and drink yesterday? How do your food choices stack up to the Food Guide Pyramid? Keep a Food Diary for a day or more to find out.

Keep a Food Diary

- **Meal or snack.** Remember, it's okay to eat snacks, or many mini-meals. Your overall food choices are what counts.
- **What you eat and drink.** Write down everything you eat and drink during a day. Include milk on cereal, cheese or lettuce on a burger, dressing on your salad, and butter or jelly on bread.
- **Your helpings.** Record your helping sizes: how much you put on your plate or pour into your glass. It's okay to estimate, or you might measure if you're not sure.
- **Pyramid servings.** Look at the chart on the next page to help you compare how much you eat to the amount of Pyramid servings you need. You only need to estimate amounts.

	MEAL	HELPING	PYRAMID SERVING SIZE
MORNING:			
MIDDAY:			
EVENING:			
SNACKS:			

Move It!

Being active helps strengthen bones and build lean muscles. How physically active are you? Keep a Physical Activity Diary for a week or more to find out.

Keep a Physical Activity Diary

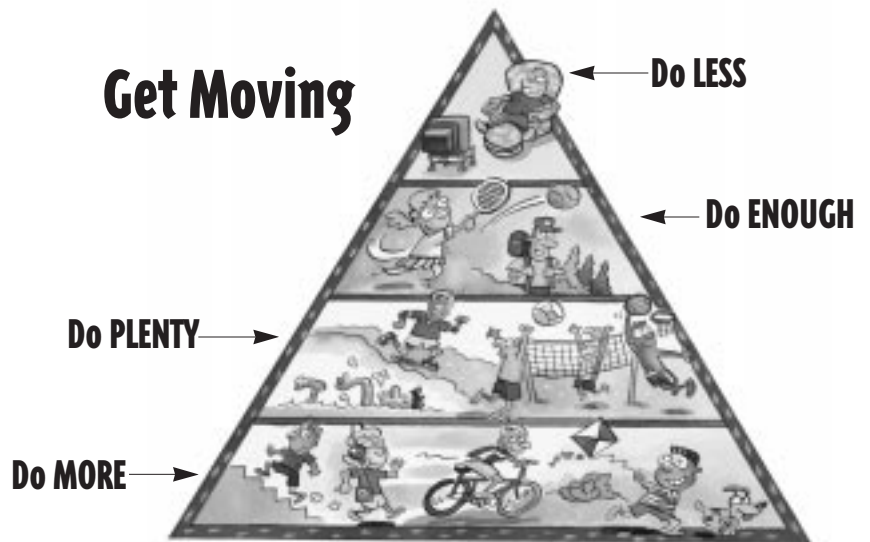
- Write down all the moderate and more intense activities you do for a week. Check the Physical Activity Pyramid for activity examples.
- Keep track of all the everyday physical activities you do, too, such as washing the dog or walking to school.
- Jot down how long you do each activity. Even five minutes counts.

WEEKDAY	PHYSICAL ACTIVITY	HOW LONG?
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

Check It Out

- Look closely at your Physical Activity Diary to see how it matches the advice from the Physical Activity Pyramid.
- Remember: *You should be able to talk, but not sing, as you move.*
- To track your progress, use another sheet of paper to record your physical activities for another week or more.
- Share your Physical Activity Diary with your parents. What activities can you all do together?

Get Moving



How Did You Move?

Did you get at least 30 minutes of moderate activity each day?

Did you get at least 15 minutes of more intense activity, three times a week?

Do you think you're getting enough physical activity? Why?

How can you fit more regular physical activity into your life?

What's Your Goal

Goal setting can help you grow to be your best you. Use this six-step plan to reach your personal goals.

You Can Do It!

1. Set a realistic goal—one that's right for you, not someone else.
2. Make a plan to match your needs. Plan for small, step-by-step changes.
3. Prepare for challenges. Allow enough time for change to happen.
4. Ask for help. Support others as they try to achieve their goals. Share your goal and plans with your family and ask for their help.
5. Give yourself a break if you stray from your plan now and then.
6. Pat yourself on the back to celebrate your success!

Reach Your Goal!

What's Your Story?

STEP 1. What's your goal?

STEP 2. How can you reach your goal(s)? When would you like to reach it (them)?

- A.
- B.
- C.

STEP 3. What are your challenges?

- A.
- B.
- C.

STEP 4. Who can help you? How?

STEP 5. What if you stray from your plan? How will you get back on track?

STEP 6. How will you reward yourself?



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