



power<sup>UP</sup>

# teen

*a power guide to a healthier, happier you!*



HealthPartners®

Lakeview Health Foundation  
Lakeview Hospital  
Stillwater Medical Group  
Amery Hospital & Clinic  
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# power<sup>UP</sup> teens.....

As a teen you have a lot on your plate...school, activities, family, friends, work and more! You can PowerUp your body and brain by eating better and being active. When you PowerUp you can:

- Perform better in school and sports
- Have great skin and hair
- Increase your energy and focus
- Have a happy, healthy mind and body

Read on to get the scoop on what teens need to PowerUp !



FUEL UP  
WITH



5

**Fruits and Veggies**

boost your energy  
and help defend and  
protect you from  
getting sick.

Try filling your  
plate with  
**4 colors or  
more!**



FOUR



3

**PowerUp** with **3  
meals a day**, plus 2  
to 3 snacks!

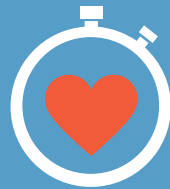
What you eat lays the  
foundation for your day.

Keep screen time  
to **2 HOURS**  
(or less) a day.



POWER  
DOWN

2



ONE  
HOUR

Be physically  
active **1 hour** or  
more every day.

**Zero Sugary Drinks.**

Grab water instead. Teens  
need **8-11 cups** a day.  
The more active you are  
the more you need.

0

SLASH THE  
SUGAR!



**Did you know** getting a combination of foods from all the food groups everyday gives you the energy you need to perform at your best?

## FRUITS + VEGGIES

Try for 5 a day

**WHY 5?** Fruits and veggies boost your energy, your mood and help defend and protect the health of your body! They power you with carbohydrates, fiber, and lots of other important things like, Vitamin A, C and E.

### FRUIT

Eat 2 cups or more  
(about 2-3 pieces)

### VEGETABLES

Eat 3 cups or more

#### What counts?

All fresh, frozen, canned, dried, crunch-dried fruits and veggies

#### What about 100% juice?

A little is okay, but keep it to 4 ounces or less a day

## MEAT+BEANS

(OR "PROTEIN")

Try for 6 ounces a day

**WHY?** These foods give your body high quality protein to help maintain and repair muscle. Plus, these foods give you iron, zinc, phosphorus, potassium, magnesium and many of the B vitamins, which are important for teens.

#### What counts as an ounce?

- 1 ounce of meat, chicken, turkey, pork, fish (3 ounces is the size of a deck of cards)
- ½ cup of beans
- 1 egg
- 1½ ounces of nuts/seeds (about a handful) OR 2 tablespoons of nut butter

**TIP:** Milk, yogurt and cheese are also good sources of protein

## GRAINS

Try for 6 (ounces) or more a day

**WHY?** They have carbohydrates, which gives your body and brain the energy it needs to be active and think better. They also have fiber, B vitamins, iron and magnesium.

### GO FOR WHOLE GRAINS!

What counts as an ounce?  
1 slice of whole-wheat bread or ½ cup of pasta, whole grain cereals, oatmeal, brown rice, wild rice or quinoa



## MILK

Go for 3 cups a day

**WHY?** Milk, along with cheese and yogurt have protein, calcium, potassium,

magnesium, and are often fortified with Vitamin D, which are important for strong bones and teeth.

#### What counts as a cup?

- 1 cup of milk or yogurt = 300-400 mg calcium
- 1 ounce of cheese = 100-200 mg calcium

## WHAT ABOUT THE FAT?

Choose healthy fats! Fat plays an important role in your diet. You need some everyday for energy and it helps the body use fat soluble vitamins, like Vitamin D, E and K. These fats and oils come from sources like olive and canola oil, olives, nuts, seeds and avocados.



# GAME PLAN!

## DAILY GAME PLAN

### START your day with Breakfast

Breakfast boosts your energy for the day. Eat breakfast everyday to help you think better, focus and perform at your best.



### WHAT makes a meal?

#### BREAKFAST:

Choose at least 3 of the 5 food groups (be sure to include a fruit/veggie, plus a protein)

#### LUNCH & DINNER:

Choose something from 4 to 5 of the food groups

#### SNACKS:

Choose at least 2 of the 5 food groups (include a fruit/veggie and a protein and/or a whole grain)

#### TIMING of Meals:

Try to eat about every 3-4 hours



**Power up with snacks**

*“Teens do best when they eat about every 3-4 hours and snacks help them get all the nutrition they need. Snacks help keep you from getting too hungry between meals.”*

*But, not all snacks are created equal. It’s best to have snacks that include a veggie and/or fruit plus a protein and/or a whole grain.”*

— Susan Crowell, MS, RD, CDE, Dietitian

**Did you know that sharing meals together with others is one of the best ways to stay connected and PowerUp?**



## Water powers you up!

**Over half our body** is made up of water. We lose water every day by being active, sweating, digesting food and just sitting around. So, it only makes sense water is the best choice to fill up and hydrate throughout the day.

Water is the best choice anytime, but you can also PowerUp with milk and other drinks with NO added sugar, artificial sweeteners or caffeine, like smoothies (made with real fruits and veggies), fruit-infused waters, etc.



*“Sugary drinks contain nothing but sugar, calories and artificial ingredients.*

*They drain your energy, are bad for your health and can wreck your teeth.*

*I recommend teens drink water and milk and skip the sugary drinks.”*

— Brian Cress, MD

## Sugary drinks power you down.

They crash your blood sugar – zapping your energy and focus. Plus, they offer zero nutrition for a teen’s growing body and brain.

### What is a sugary drink?

Any drink that has added sugar or sweeteners like cane sugar/syrup or high fructose corn syrup, including:

- Soda
- Sports drinks
- Energy drinks
- Fruit drinks (lemonade, fruit punch)
- Flavored waters
- Sweet teas
- Coffee drinks with added sugar



# How Much Water do You Really Need?

**Did you know** when your body is dehydrated even just a little bit, it can cause you to feel tired, affect your concentration and decision-making skills? Plus it negatively affects your energy level and performance while being active.

## How much water do you need?

Teens need about 8 cups of water a day. More active? Shoot for 11 cups a day.

## What about sports drinks?

### How do they fit into my day? Or DO they?

It's always best to choose water to hydrate if exercising for one hour or less. A sports drink may be used to replace fluid and electrolytes lost through sweat when doing strenuous activity for over an hour or in really hot weather.

### What's the best sports recovery drink?

Chocolate milk is recommended as one of the best sports recovery drinks after vigorous exercise or training.

**Why?** Because it has the right balance of carbohydrates, electrolytes and has protein, too!



## Skip the energy drinks!

Most have **4 TIMES MORE CAFFEINE** than what's recommended for teens!

How much caffeine is recommended for teens?  
**100 mg or less a day**

### Energy Drinks:

- Raise heart rate and blood pressure
- Prevent good quality sleep
- Can be dehydrating
- Can be dangerous!

## Questions about Sports Nutrition?

Print a **PowerUp** Sports Nutrition Playbook for teens at [powerup4kids.org](http://powerup4kids.org).



# [ power teen ] stay active

## How to PowerUp with Physical Activity!

Try for 1 HOUR every day!

**Why 1 hour?** It boosts your energy, helps to increase speed, strength and endurance, keeps your body and mind healthy, happy and feeling just plain awesome!

Type of physical activity	Examples
Moderate-intensity aerobic	Baseball, yard work, hiking, brisk walking (For fun... use a pedometer to track your steps! Try for 10,000 steps a day.)
Vigorous-intensity aerobic	Jumping rope, bike riding, soccer, basketball, dancing, skiing, hockey
Muscle-strengthening	Exercises with hand-held weights, push-ups, pull-ups, climbing wall
Bone-strengthening	Jumping rope, running, sports like gymnastics, basketball
Flexibility	Stretching, Pilates, yoga, ballet, karate



**Turn less screen time, into more sleep time!**

Get your zzzz's!  
Teens need 9 to 11 hours of sleep a day.





# [ Fuel up on the run! ]

## GORP

### Kitchen Gear

Measuring cup  
Medium-sized bowl  
7 snack-size zipper-lock bags

### Ingredients

1/2 cup roasted, lightly salted whole almonds  
(or whatever nuts you like best)  
1/2 cup raisins or dried currants  
1/4 cup dried cranberries or chopped dried apricots  
(or whatever dried fruit you like best)  
1/4 cup corn or wheat squares cereal  
(or toasted corn snacks or pretzels)  
1/4 cup toasted green pumpkin seeds  
(these are also called pepitas)

### Instructions

Wash your hands with soap and water, then gather all your kitchen gear and ingredients and put them on a clean counter. Put all the ingredients in the bowl and, using your clean hands, toss until well mixed. Put 1/4 cup of the mixture in each bag and keep at room temperature up to 1 week.



1. Gently place eggs in a large saucepan.
2. Cover with cold water by one inch.
3. Slowly bring water to a boil over medium heat. When the water has reached a boil, cover and remove from heat. Let sit 12 minutes.
4. Place eggs in a colander and run under cold water to stop the cooking.
5. Peel and serve immediately or refrigerate for later.

## cook the perfect hard boiled egg

### Power parfait



berries

+



plain or  
vanilla yogurt

+



sprinkle of  
cereal or nuts

=



### Green egg and toast



avocado

+



hard-boiled  
egg

+



whole-grain  
toast

=





## Green Pineapple Smoothie

Get a boost of nutrients in this power-packed smoothie!

### Ingredients

- 1 cup pineapple, diced (frozen, fresh or canned in 100% juice)
- 1/2 cup pineapple juice
- 1 banana
- 1 cup kale or spinach
- 1 cup unsweetened almond milk or plain milk
- 1/2 cube ice cubes (skip if using frozen fruit)

### Instructions

Put all ingredients in a blender and blend until smooth.

Serves 2  
A good source of vitamins  
A and C, and calcium



## Crispy Kale Chips

Try these tasty chips, instead of potato chips. No one can eat just one.

### Ingredients

- 1 bunch of kale (or about 4 cups)
- 1 tablespoon olive oil
- Salt and pepper, lightly sprinkle or to taste

### Instructions

- Preheat oven to 250 degrees F.
- Line a baking sheet with parchment paper.
- Wash and dry kale.
- Chop kale and lightly mist or drizzle with olive oil.
- Salt and pepper lightly or to taste. Sprinkle with cheese (optional).
- Bake at 250 degrees until dry.

Serves 4-6  
A good source of  
vitamins A and C

# fruity H<sub>2</sub>O

Toss fresh, frozen  
or canned fruits  
into a glass of  
water for a  
**FUN +  
FRUITY**  
way to hydrate!



raspberry



orange



strawberry



cucumber



apple



cinnamon



grapefruit



orange



Find more food+drink ideas and  
recipes at [powerup4kids.org](http://powerup4kids.org)



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## WANT MORE POWERUP?

Visit [powerup4kids.org](http://powerup4kids.org)

For PowerUp tips, recipes,  
information on sports  
nutrition and more.



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