

Teen Food & Fitness

Healthy Ideas for Middle and High School Students

September 2017



FAST TAKES

Eat sitting down

Like many teens, your child may grab a snack and stand up while she eats. Encourage her to take a seat instead. She'll be more conscious of what she's eating, which will help her know when she's full. That way, she'll be less likely to overeat.

Toothbrush-ercise

Your teen can fit in mini-workouts while he brushes his teeth. Standing straight, with his back against a wall, he should slowly bend his knees into a squatting (or chair) position. He can brush as he holds the pose for 30–60 seconds, stands back up, and repeats.

Did You Know?

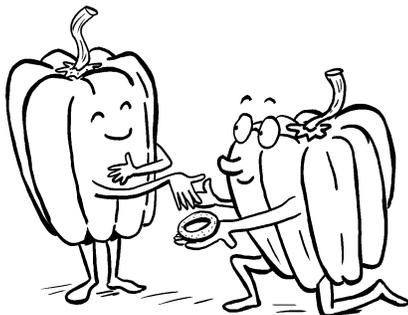
Ketchup, salad dressings, cereal, and some brands of bread may be surprisingly high in sugar. So even if your tween isn't munching on candy, she might be getting more of the sweet stuff than you think. Have her check food packages for clue words like fructose, honey, corn syrup, or cane juice—all types of added sugars.



Just for fun

Q: What do vegetables wear when they get engaged?

A: Onion rings!



Washington County Virginia Public Schools
Ms. Francine Ivery, Manager School Nutrition

Mouthwatering ways to add nutrients

With school in full swing, life is busy for your teen, and getting the nutrients he needs may fall off his radar. But eating right can be as easy as it is delicious. Make his favorite foods more nutritious with these tweaks.

Reach for greens

Keep fresh and frozen greens on hand. You could put leftover broccoli or asparagus into omelets, or add spinach or kale to pizza or couscous. Dark leafy greens like collards, spinach, and mustard greens can be blended into smoothies or rolled into wraps.

Blend in beans

Stock up on canned beans to get more protein into your tween's diet. You might combine black beans (drained, rinsed) with taco meat, or puree and stir them into marinara sauce. Puree white beans

into homemade or canned (low-sodium) soups for a creamy texture.

Add whole grains

Fiber-rich whole grains fit seamlessly into many foods that are popular with teenagers. Try mixing cooked quinoa into burgers, meatloaf, or meatballs. Use whole-wheat breadcrumbs to coat strips of chicken or fish, and bake. Making salad? Toss in cooked barley or brown rice. ♥



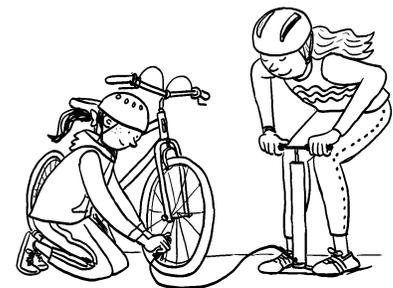
Fit & safe

Safety and fitness will go hand in hand with these everyday tips for young runners or cyclists.

Stick to safe paths. Help your teenager map out routes that avoid heavy traffic or isolated spots. Remind her to cross intersections safely—pressing the “walk” button if there is one, waiting for the light, and staying in the crosswalk.

Go with a partner. There's safety in numbers, so encourage her to run, walk, or bike with a friend—or with you! If you're biking, help to pump up each other's tires before heading out.

Stay aware. It's a good idea for your tween to take a (charged) phone in case she runs into a problem. But she needs to see and hear everything around her, so she shouldn't hold it—or listen to music or use headphones—while running or riding. ♥



Flavor—minus the sodium

Spices can transform a recipe from bland to grand. Cut down on your family's salt intake—and add interesting flavors to meals—with these suggestions.

1. Skimp on salt. Did you realize that a taste for salty foods is learned? That means it can be unlearned, too! Try using half the salt called for when you cook, and sprinkle in spices instead. At meals, put the salt shaker away. You can even give it back to the waiter if you're eating out. *Note:* Watch out for



purchased spice blends like lemon pepper that contain salt.

2. Be a spice master.

Encourage your tween to experiment with spice combinations. She'll learn about their flavors and have fun devising her own mixes. Perhaps she'll blend chili powder, cumin, and garlic powder to create low-sodium taco seasoning. Or she could combine basil, oregano, and rosemary into an Italian seasoning for chicken. *Tip:* Suggest that she package and label her "custom blends" in baggies. ●



Q & A Individual sports

Q: My daughter isn't really interested in team sports. How can I make sure she stays active?

A: No worries! There are still plenty of ways for her to get exercise—alone or with a friend. Help her brainstorm activities to try, perhaps dancing, hiking, or swimming.



Together, look for options nearby. She might find a hip-hop or lyrical dance class at a community center. Or maybe she'd enjoy an extreme sport like parkour or rock climbing through the parks and recreation department.

Even if your daughter doesn't sign up for a formal activity, she and a friend could motivate each other to stay active. They might get together weekly to do workout videos or go Rollerblading. ●

ACTIVITY CORNER

Lunge to fitness

Your teen can try different lunges to keep his workouts fresh. Adding weights, whether dumbbells or soup cans, will help him build arm strength. *Note:* Do 2–3 sets of each exercise, with 10–15 repetitions per set.



- **The woodchop.** With feet hip-width apart, grasp a weight in both hands above your left shoulder near your ear. Lunge forward with your right leg, and move the weight diagonally across your body. Move weight to other side, and repeat.
- **Lunge and curl.** Hold a weight down by each side, elbows tight to your body and palms facing up. Stand with feet hip-width apart. Lunge forward with one leg while curling both weights up to your shoulders. Return to the starting position, and lunge with the other leg.
- **Side to side.** Starting with feet hip-width apart, hold weights down by your sides. Lunge left, lifting your arms straight out to shoulder height, and return to the starting position. Then, lift your right foot, and lunge right. ●

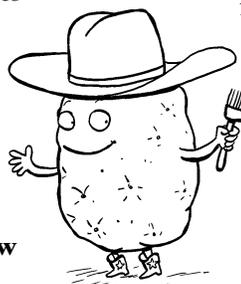
In the Kitchen

Potatoes three ways

Set out potatoes and toppings, and let everyone have it their way with these ideas for a "baked potato bar."

To cook:

Wash one white or sweet potato per person. Puncture the potatoes all over with a fork. **For the oven,** place directly on the rack, and bake at 425° for 45 minutes. **For the microwave,** wrap in a wet paper towel, cook for 5 minutes, flip, and cook another 5 minutes. Or place in a **slow cooker** for 8 hours on low.



Toppings:

- 1. BBQ.** Layer chopped cooked chicken, shredded cabbage, crumbled blue cheese, and low-sodium barbecue sauce.
- 2. Italian.** Spoon $\frac{1}{4}$ cup ricotta cheese into each potato, and add halved grape tomatoes and fresh basil.
- 3. Fruit.** Scoop out a sweet potato's flesh, mash, and mix in $\frac{1}{4}$ tsp. cinnamon. Put back in the skin, and top with diced apples, pecans, and dried cranberries. ●

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FAST TAKES



Rinse produce first

Fruits and vegetables cover a lot of ground before reaching your plate. Just before eating, remove dirt and germs by rubbing your produce under running water. Use a brush to scrub produce with rinds (melons, oranges) or potatoes. Rinse more delicate fruits like berries in a colander.



Fall foliage "tour"

Enjoy the autumn display of color with a family walk or hike. You might stroll through your town, trek through a park trail, or even visit a neighboring county or state to check out the changing leaves. Consider taking weekly walks, and have your tween snap pictures of trees so she can document the changes.

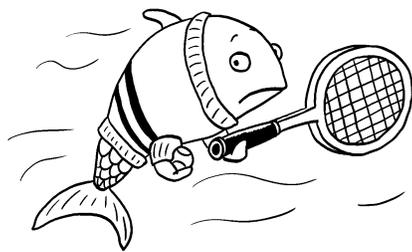
Did You Know?

Being overweight often affects self-esteem and may even lead to depression. If your child is overweight, ask the school nurse or his doctor for advice. They can offer strategies for handling any issues and for getting to a healthy weight. Your teen may also benefit from talking to his school counselor.

Just for fun

Q: Why aren't fish good at tennis?

A: They don't like getting close to the net.



Start with breakfast

Beginning the day with a healthy meal lets your teen "fuel up" and keep her motor running through morning classes. Make sure she doesn't miss this key meal with these easy suggestions.

Look to leftovers

What could be quicker than having last night's dinner for breakfast today? Your teenager can simply reheat spaghetti or soup. Or she might chop up cooked mushrooms or green beans and stir into scrambled eggs just before they set. This could be a way to switch things up *and* to fit a few vegetables into breakfast.

Opt for overnight oats

On a Sunday afternoon, encourage your teen to put together overnight oats for the week. For each serving, she should layer $\frac{1}{2}$ cup uncooked oats, $\frac{1}{2}$ cup Greek yogurt, and $\frac{1}{2}$ cup milk (any kind) in a jar and refrigerate. In the morning, she can top with her favorites—bananas and berries for sweetness, nuts for crunch, nut butter for creaminess—and stir to blend the flavors.



Set it up

Make breakfast setup part of your family's dinner cleanup routine. While one person clears the table and another does the dishes, someone else could get things ready for the next morning. For instance, ask your tween or teen to put out cereal boxes, bowls, and spoons. Then, she might cut up fresh fruit and put it in the refrigerator alongside cottage cheese cups, yogurt, or other items to easily grab for breakfast. ♡

Bits of fitness

Little bursts of physical activity spread throughout the day add up. Encourage your tween or teen to incorporate these ideas into his routine:

- Instead of sitting or standing still while talking on the phone, jog in place or walk laps around the room.

- Use television commercial breaks for exercise contests.

Who can do the most crunches or jumping jacks before the show resumes? Or compete against yourself—counting the number you do during one break and trying to beat it the next. ♡



Snack-bar eats

When your teen is out with friends at a football game or the movies, the concession stand can be tempting. But hot dogs, fries, and nachos don't have to be his only options. Share these tips to help him make healthier choices.

Eat first. Having a healthy meal or even a glass or two of water will help keep his hunger at bay. When possible, arrange for him to be at home for lunch or dinner before heading out to an event.

Take your own. Suggest that your teen pack snacks. Apples, sunflower seeds, string cheese, rice cakes, and trail



mix are nutritious—and easy to carry to a game.

Share with a friend. Splitting a soft pretzel or a large (plain) popcorn will not only save money but also cut down on calories.

Look for the healthy stuff. Concession stands often sell better-for-you options these days. Encourage your teen to go for fresh fruit or a grilled chicken sandwich. Instead

of soda, he should stick to water or even bring his own bottle to refill at a fountain. ♡

PARENT TO PARENT

Becoming a vegetarian

We are all meat eaters in our family, so I was surprised when my son, Aidan, decided to go vegetarian. I knew I didn't want to make two dinners every night, so I asked a vegetarian friend for strategies.

Sara gave me tips that are helping me cook for vegetarians and meat eaters. For instance, I've made big salads with edamame or chickpeas for protein and then put chicken on the side. Or Aidan will stir-fry veggies, remove them from the wok, and I'll stir-fry beef to serve separately.

She also suggested that I find meatless dishes everyone will enjoy, such as eggplant parmesan or veggie chili. And here's a bonus I never thought of. Sara mentioned that cooking for a vegetarian is a good way to get everyone eating more vegetables—and I can already see that's true! ♡



ACTIVITY CORNER

Build core strength

For teens who want to be stronger, core strength is where it's at. The core muscles—those in your torso and upper legs—are part of almost every move your teen or tween makes. Help her go beyond sit-ups with these three core exercises.

1. Standing crunch

Stand with your feet hip-width apart and hands locked behind your head. Lift your right knee while lowering your left elbow—so they meet midway across your body. Return to start, and repeat on the other side.

2. Seated leg lift

Sit with your legs extended out front, arms straight, and palms on the floor. Lift one leg about 6 inches off the floor. Hold 5 seconds and release. Alternate legs.

3. Spider crawl

Start in a plank position (like a push-up position, but rest your weight on your forearms). Bending your right knee, bring your right leg to your right elbow. Return to plank position. Repeat on the left side. ♡

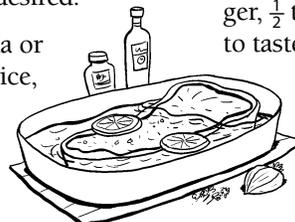


In the Kitchen

Healthy marinades

Marinades can take a meal from “meh” to marvelous. Put 1 lb. of your favorite protein (chicken, fish, steak, pork, tofu) in a zipper bag. Mix up one of these combinations, pour over the protein, and marinate between 20 minutes and 24 hours in the refrigerator. Then, bake or grill as desired.

Chili lime: $\frac{1}{4}$ cup canola or olive oil, $\frac{1}{4}$ cup lime juice, 1 tsp. chili powder, $\frac{1}{2}$ tsp. each garlic and onion powders, and $\frac{1}{4}$ tsp. coarse salt.



Lemon parsley: $\frac{1}{2}$ cup olive oil, $\frac{1}{4}$ cup lemon juice, $\frac{1}{4}$ cup fresh chopped parsley, 3 crushed garlic cloves, $\frac{1}{2}$ tsp. pepper, and $\frac{1}{4}$ tsp. coarse salt.

Honey ginger soy: $\frac{1}{4}$ cup low-sodium soy sauce, 2 tbsp. orange or pineapple juice, 1 tbsp. honey, 1 tsp. minced ginger, $\frac{1}{2}$ tsp. minced garlic, and pepper to taste.

Food safety note: Throw away any uncooked marinade that touches raw meat. ♡

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FAST TAKES



Snack on seeds

Seeds are a smart snacking solution. They're high in healthy fats and provide satisfying protein. In small bags or jars, let your teen combine $\frac{1}{4}$ cup each sunflower seeds and dried cranberries for a simple and energizing trail mix. Or she might roast a couple handfuls of pumpkin seeds with a sprinkle of chili powder for a spicy treat.

Sneakers that fit

Properly fitted sneakers can help prevent injury. Your child may need a



nudge to swap the cool pair he wears to school for a sturdy shoe

designed for running or playing tennis. To save on the cost, shop sales and clearance racks for last year's styles.

Did You Know?

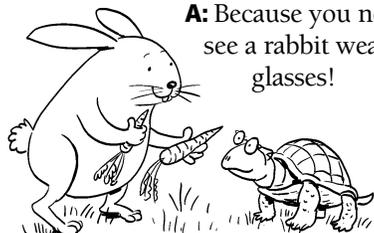
Raw bell peppers are vitamin C superstars!

Compared to a medium orange, a red bell pepper has double the vitamin C and a yellow one has four times the amount. Encourage your tween to enjoy these crunchy vegetables dipped into pesto or chopped into a salad. Or suggest that she cut peppers into thick strips and use them to scoop up hummus.

Just for fun

Q: How do you know carrots are good for your eyes?

A: Because you never see a rabbit wearing glasses!



Whole grains all day long

Working whole grains into your teen's diet can be easier than you think. Try these ideas for adding whole grains to breakfast, lunch, and dinner—and meeting the recommendation to make half of his grains whole.

Make breakfast whole

On weekends, whip up a batch of muffins or pancakes with whole-wheat flour. (If your child isn't used to whole wheat, replace half with white flour.) Freeze, and microwave as needed on busy school mornings. Or have your tween mix whole-grain cereal with his favorite kind. He could increase the portion of whole grain as he develops a taste for it.

Add grains at lunch

Encourage your teenager to choose at least one whole-grain lunch item each day. It could be a corn tortilla for his taco or quesadilla. Or he might try different varieties of whole-grain bread



for sandwiches, such as pita, flatbreads, or mini-bagels.

Eat a colorful dinner

Brown isn't the only color that whole-grain rice comes in—add color to your whole-grain options at dinner with red, purple, and black rice. Prepare them just like brown rice, perhaps adding chicken or vegetable broth for extra flavor. You might cook half white rice and half of another color as a base for a stir-fry or a rice bowl. ●

Active holidays

These activities can keep your whole family moving at holiday get-togethers.

● **Walk it off.** Full from a big dinner? Bundle up and take a family walk before dessert. You might also plan a longer walk or a hike for the morning.

● **Play a game.** Organize a silly group game like Pass the Pear. Split into two lines. The first player in each line holds a pear between her chin and neck. Pass it down the line from neck to neck and then back to the start. No hands allowed! If the pear falls, your team has to start over. The first team to return the pear to player one wins.

● **Teach a sport.** Encourage your tween to teach younger siblings or cousins a sport she plays. Then, she can organize a lacrosse game or a cheerleading routine. *Tip:* Let the little ones teach the older ones the games they play, too. ●



Mindful eating

Eating in front of a television or while swiping a screen can take your child's mind off her food—leading to mindless overeating. Encourage “mindful eating” instead with this advice.

Skip the screens. Turn off the TV, and ask everyone to silence phones and tablets and put them in a basket during meals. Then, carry on a pleasant conversation. *Tip:* Increase mindfulness by talking about the flavors and textures you're enjoying.

Stop before you're stuffed. Have your tween pay attention to hunger cues. When she feels that perhaps she could eat a few more bites but she's satisfied enough to stop, it's likely she has had the right amount of food. ♥



Master mindfulness

This sweet mindfulness exercise may help your tween learn to focus on and savor each bite. Suggest these steps.

1. Hold a raisin. Notice the color and every wrinkle.
2. Smell the raisin, and describe its fragrance.
3. Place the raisin on your tongue. Note the taste and how the texture changes as you chew. Are there any lingering flavors after you swallow?

Idea: Try this with other foods, too!



Q & A Coffee shop smarts

Q: My teenager sometimes goes to the coffee shop with her friends after school. I don't want her to drink caffeine or too much sugar. What should I do?

A: You're right to be concerned. Just one large coffee drink may contain a day's worth of caffeine and sugar for a full-grown adult. Caffeine can increase your teen's heart rate, cause her to feel anxious and jittery, and make it hard for her to sleep.

Before her next coffee shop trip, talk with her about what she might order. You could help her choose decaf, low-sugar options, such as a skinny decaf latte with only one pump of syrup. Or she could opt for herbal tea. Some shops offer lightly sweetened blends in fun flavors like strawberry green tea or pineapple mint. ♥



ACTIVITY CORNER

Start a yoga habit

Many teenagers are discovering yoga these days. The popular workout increases balance, strength, and flexibility, and it can reduce stress, too. Share these tips for getting started:

- Contact a community center or visit yogafinder.com for classes in your area. Some are donation-based, where students pay what (or if) they can. Also, see if your high school offers yoga as a PE elective or if there's an after-school yoga club.
- Take up yoga at home with online streaming videos at sites like doyogawithme.com or videos from the library. Or build your own yoga sequence by collecting photos of poses you find online.

Idea: Join your teen in a yoga practice. It's a nice way to connect with him—as well as with your body and mind. ♥



In the Kitchen

Crazy for cauliflower

Cauliflower is a versatile vegetable that can stand in for other ingredients. Enjoy these healthy riffs on teen favorites.

Buffalo “wings”

Toss 8 cups cauliflower florets with 2 tbsp. olive oil and a pinch of salt. Roast on a baking sheet for 30 minutes at 450°. In a bowl, mix 3 tbsp. low-sodium hot sauce with 1 tbsp. melted butter and 1 tsp. lemon juice. Drizzle cauliflower with sauce, and roast 5 more minutes.

Mashed “potatoes”

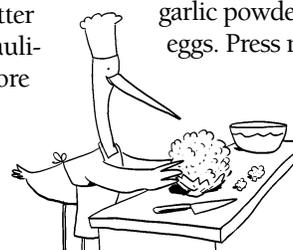
In a medium saucepan, bring 1 cup water to a boil. Add 4 cups chopped cauliflower, cover, and

simmer 12–15 minutes or until tender. Drain well. Mash with a potato masher, then stir in $\frac{1}{4}$ cup milk and $\frac{1}{4}$ cup light sour cream.

Pizza “crust”

Cook a 16-oz. bag of riced cauliflower according to package directions. Toss with $\frac{1}{2}$ cup mozzarella, $\frac{1}{4}$ cup grated Parmesan, $\frac{1}{2}$ tsp. each Italian seasoning and garlic powder, and 2 lightly beaten eggs. Press mixture into a round

baking sheet. Bake at 400° for 20 minutes. Add tomato sauce, cheese, and favorite toppings. Bake 10 minutes. ♥



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Snack Smart

For tweens and teens, being busy and on the go is a fact of life. Whether your child is studying, hanging out at a friend's house, or fueling up for basketball practice, he can make healthy snack choices with this advice.

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Mix and match for energy

What's the recipe for snacks that will give your teen energy to focus in school and play hard on the field? The possibilities are endless, but they have this in common: They combine lean protein, whole grains, fruits and vegetables, or dairy.

Try this idea to help your child put together his own healthy snacks. Let him divide a sheet of paper into four columns and write one of those categories at the top of each. He might even make it into a spreadsheet! In each column, he can list his favorite foods. For instance, he may fill in chicken and peanut butter for lean protein, tortillas and pretzels for whole grains, peaches and broccoli for fruits and veggies, and yogurt and Swiss cheese for dairy.

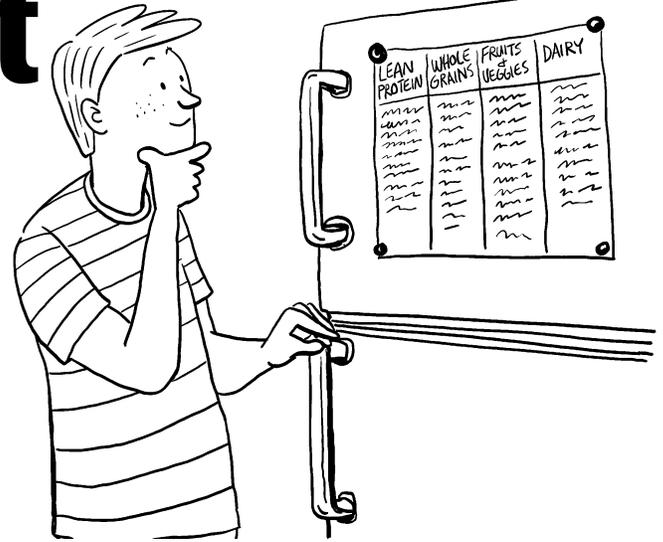
Then, he could post his list or a printout of his spreadsheet on the refrigerator and use it to mix and match options. Help him come up with high-energy snacks like a whole-wheat tortilla wrap with turkey, cheese, and lettuce, or a mini whole-wheat bagel with cottage cheese and a tomato slice.

Shop on the edge



Eating healthy snacks begins with having the right foods on hand. Go grocery shopping together a few times to show your teen how to find healthy snack ingredients.

For starters, let her see that the most nutritious foods are usually around the edges of the store. Take a tour of the store's perimeter, and she'll see fruits, vegetables, dairy, meats, and whole grains (in the bakery). Of course, you don't want to ignore all the inside aisles—healthy whole grains like brown rice and quinoa and lean proteins like beans will be found



there. But shopping mainly around the edges means she won't be tempted to pick up packaged, processed snacks like cookies, chips, or frozen meals.

Pack wisely

Thinking ahead is always a good idea, and that's particularly true when it comes to snacking. Whether heading to school, band practice, or a family excursion, your teen can pack healthy snacks to take along. He'll be less tempted to pick up junk food from a convenience store or french fries at a fast-food place.

Make packing easy by getting reusable containers in different sizes, an insulated pouch, and ice packs. Then, encourage your child to take time on the weekend to pre-pack snacks so they're ready to go when he is. He might put together bags of air-popped popcorn or dried fruit, or he could pack whole-grain pasta salad or hard-boiled eggs in small containers.



Make the most of the cafeteria.

Have your tween take advantage of the healthy offerings in her school cafeteria. At lunch-time, she might get a double serving of carrot sticks or an extra apple to save for snacking between classes (if allowed) or before an after-school activity.

Team up with friends

Suggest that your tween and her friends take turns bringing nutritious snacks to share when they're hanging out. With "positive peer pressure," they'll be more likely to make good snack choices.

They might even channel their creativity and work together to become "mystery snack chefs." Each person can contribute a healthy ingredient from her kitchen—without saying in advance what she's bringing. Once they're together, they could figure out how to turn the ingredients into tasty snacks. Say one brings a bag of raw spinach, another brings coconut water, and a third brings a banana. They might create smoothies.

Or they could each bring a few nutritious ingredients and hold a competition. Who can cook up the most delicious treat?



Be choosy at the vending machine

For the teen rushing from school to a job or sports practice, vending machines can be a welcome option. Try to make sure they're a healthy option, too, by talking about how to make good decisions before pressing the button.

Lots of vending machines stock water these days. Be certain your child knows that water is always choice #1—healthier than soda, sports drinks, energy drinks, or even juice. When it comes to food, he can look for baked chips, unsalted nuts, fruit cups packed in juice, and whole-grain crackers.

If he's in doubt, suggest that he think about nutritious snacks you've made together at home or those he shopped for "around the perimeter."

Grab 'n' go snacks

We asked—and teens answered! Here are readers' favorite on the go snacks.

Hummus mix-ins

Your child can find pretty much any flavor of hummus at the grocery store, but why not customize her own by stirring in interesting ingredients? Keep plain hummus in your fridge. Then, your child might add black beans (canned, rinsed) and jalapenos or diced cucumbers and tomatoes. She could scoop the hummus into mini whole-grain pita pockets for a handheld treat.

Avocado rice cake

This portable version of guacamole lets your teen skip the chips—and reap the benefits of avocados' "good" fat. Scoop out $\frac{1}{2}$ of a ripe avocado, and sprinkle with a little salt, pepper, and lime or lemon juice. Mash, spread on a brown-rice cake, and dust with red pepper flakes.

Yogurt bark

For a kid-friendly cold snack, make this in advance and store in the freezer. Spread 2 cups vanilla Greek yogurt on a clean sheet pan lined with parchment



paper. Top with bits of dried apricot, blueberries, and halved grapes. Freeze for 4 hours or until firm. Break the bark apart, and pack in an insulated snack bag.

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Best Recipes

2017 Edition

Pick a recipe and get cooking with your family! Try any of these simple and healthy options to make food everyone will enjoy.



Edamame dip



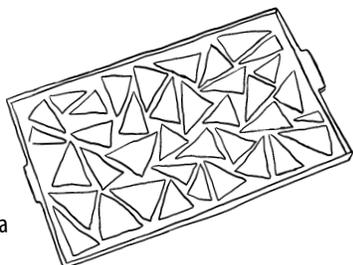
- 12 oz. frozen shelled edamame
- 1 tbsp. olive oil
- $\frac{1}{2}$ cup grated Parmesan cheese
- 1 tsp. garlic powder

Cook frozen edamame according to package directions, drain. In a blender or food processor, mix the edamame with olive oil, cheese, and garlic powder. For a smoother dip, drizzle in a little more olive oil. Serve with baked pita chips — or the baked tortilla chips below!

Tortilla chips

- 8 small tortillas (corn or whole-wheat)
- cooking spray
- 1 tsp. salt

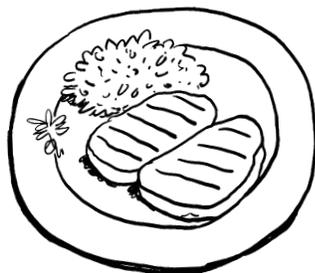
Using a pizza cutter or knife, slice the tortillas into triangles. Spray a baking sheet with cooking spray, spread tortilla pieces around, and spray them lightly. Sprinkle with salt. Bake 15 minutes at 375°. Makes 8 servings. Store in a bag for up to 5 days.



Ginger pork

- $\frac{1}{4}$ cup low-sodium soy sauce
- 2 tbsp. honey
- $\frac{1}{2}$ tsp. sesame oil
- 2 cloves garlic, minced
- $\frac{1}{2}$ tsp. ground ginger
- 2 lbs. pork tenderloin
- Cooked brown rice

Combine soy sauce, honey, sesame oil, garlic, and ginger powder. Pour over the pork tenderloin, and marinate for 2 hours. Grill for about 20 minutes (flipping every 5 minutes) or until a meat thermometer reads 160°. Slice, and serve over rice. Serves 4.



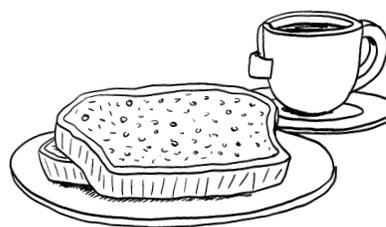
Sweet potato lentil chili

- 1 tbsp. olive oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 tsp. salt
- $\frac{1}{2}$ tsp. pepper
- 1 tsp. chili powder
- 4 cups cubed sweet potatoes, unpeeled
- 2 14.5-oz. cans kidney beans (drained, rinsed)
- 1 cup dry red lentils
- 2 14.5-oz. cans diced tomatoes (with juice)
- $3\frac{1}{2}$ cups vegetable broth

Heat oil in a stockpot. Add onion, and cook until translucent. Stir in the remaining ingredients. Bring to a boil. Lower the heat, and simmer 30–40 minutes until the potatoes and lentils are soft. Serves 6.



Zucchini chocolate-chip bread

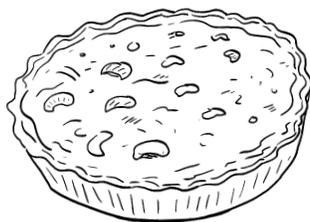


- 2 cups whole-wheat flour
- $\frac{3}{4}$ cup sugar
- $\frac{1}{4}$ tsp. salt
- 2 tsp. baking powder
- 1 tsp. cinnamon
- $\frac{1}{4}$ cup mini chocolate chips
- 2 eggs
- $\frac{1}{3}$ cup canola oil
- $\frac{3}{4}$ cup nonfat milk
- 2 cups shredded zucchini

In a bowl, combine flour, sugar, salt, baking powder, cinnamon, and chocolate chips. In another bowl, mix eggs, oil, milk, and zucchini. Fold the wet mixture into the dry, and put into a greased 9" x 5" loaf pan. Bake at 350° for 1 hour. Makes 8 servings.

continued

Crustless quiche



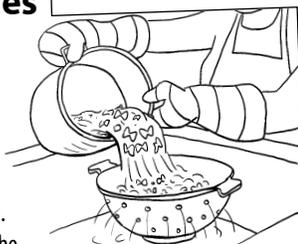
- 4 eggs
- $\frac{1}{2}$ cup flour
- $1\frac{1}{2}$ cups nonfat milk
- 1 cup chopped vegetables (mushrooms, onions, kale, for example)
- $\frac{1}{2}$ cup low-fat shredded cheddar cheese

Preheat the oven to 350°. Whisk eggs, flour, milk, vegetables, and cheese, and pour into a lightly greased 9" pie pan. Bake for 40 minutes. Serves 4.

Spinach and feta bowties

- 1 lb. whole-grain bowtie pasta
- 1 cup crumbled feta cheese
- $1\frac{1}{2}$ cups cherry tomatoes, halved
- 3 cups fresh baby spinach

Cook pasta according to package directions. In a colander, combine feta, tomatoes, and spinach. When the pasta is cooked, drain it directly over the mixture so the hot water slightly cooks it. Toss the pasta, cheese, and vegetables in a large bowl. Makes 6 servings.



Cherries and cream "pie"

- 1 tbsp. reduced-fat cream cheese
- 4 whole-grain crackers
- 2 tsp. no-sugar-added cherry jam, or fresh or frozen cherries (pitted)

Spread cream cheese on crackers, and top each one with jam or fruit. Enjoy as a light dessert. Serves 1.



Turkey-rice soup

- 1 tsp. olive oil
- $\frac{1}{2}$ cup chopped celery
- $\frac{1}{2}$ cup chopped carrots
- $\frac{1}{2}$ cup chopped onions
- 4 cups chicken broth
- 14.5-oz. can diced tomatoes (with juice)
- 2 cups cooked cubed turkey (or chicken)
- $\frac{1}{2}$ cup cooked brown rice

In a stockpot, bring oil to medium-high heat. Add the celery, carrots, and onions. Cook until soft. Stir in broth, tomatoes, turkey, and rice. Simmer 20 minutes until heated through. Serves 4.



Walnut green beans

- 1 lb. green beans (fresh or frozen)
- $\frac{1}{2}$ tbsp. olive oil
- $\frac{1}{4}$ cup chopped walnuts
- $\frac{1}{2}$ tbsp. lemon juice
- $\frac{1}{2}$ tbsp. lemon zest

Snap the ends off fresh green beans, or thaw frozen beans. Sauté in oil until tender.

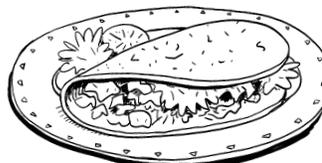
Mix with walnuts and lemon juice. Sprinkle zest on top. Serves 4.



Fish tacos

- 4 4-oz. tilapia fillets
- 1 tbsp. olive oil
- 1 tbsp. low-sodium taco seasoning
- 8 whole-wheat tortillas
- 1 cup corn
- 1 cup diced cucumber
- Salsa

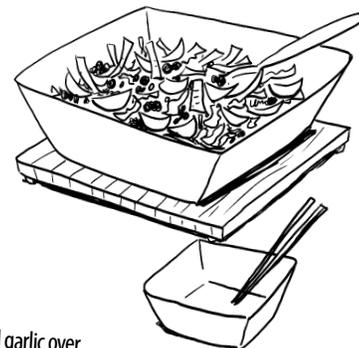
Brush fillets with oil, and sprinkle on taco seasoning. Place on a foil-lined baking sheet, and bake at 400° for 15–20 minutes. Flake fish with a fork, and wrap in tortillas with corn, cucumbers, and salsa. Serves 4.



Egg roll in a bowl

- 1 tbsp. canola oil
- $\frac{1}{2}$ medium onion, chopped
- 2 cloves garlic, diced
- 1 lb. lean ground beef
- 1 14-oz. bag shredded cabbage (or $\frac{1}{2}$ head of cabbage, shredded)
- 1 cup shredded carrots
- $\frac{1}{2}$ cup low-sodium soy sauce
- 1 tsp. rice vinegar
- 2 tsp. salt
- 1 tsp. pepper

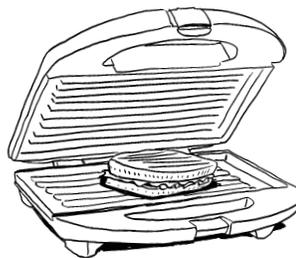
In a skillet, heat oil, and sauté onions and garlic over medium heat until soft. Add beef, and cook until browned. Stir in cabbage, carrots, soy sauce, vinegar, salt, and pepper. Cook for 10 minutes until vegetables are wilted. Serves 5.



Barbecue chicken panini

- 1 tbsp. barbecue sauce
- 2 slices multigrain bread
- 3 slices baked deli chicken
- 1 slice low-fat Swiss cheese
- 1 roasted red pepper

Spread barbecue sauce on one side of each slice of bread. Make a sandwich with chicken, cheese, and roasted red pepper. Cook in a panini press or in a heavy pan, pressing down on the sandwich with a spatula until each side is browned and the cheese melts. Serves 1.



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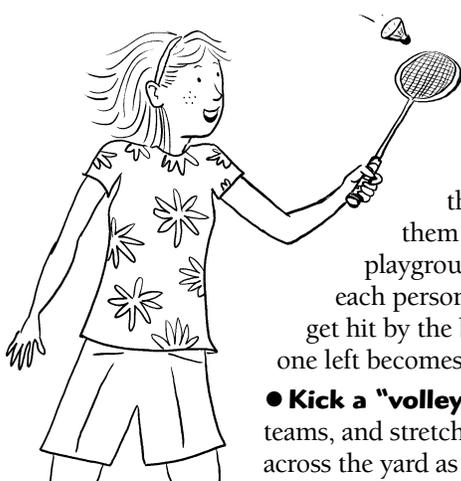
Step Up Your Activity

Inspire your family to lead an active lifestyle with the simple ideas in this guide. You'll find everyday suggestions that will help children and parents build strong muscles, increase fitness, and maintain a healthy weight—not to mention have fun together!



Play outside

Join your tween or teen in the backyard for old standbys like badminton, catch, and touch football. Or consider one of these twists on classic favorites.



● **Have a dodgeball free-for-all.** Choose one person to be the thrower. The other players are targets. As everyone runs around, the thrower chases after them and gently tosses a soft playground ball, trying to tag each person with the ball. If you get hit by the ball, you're out. The last one left becomes the next thrower.

● **Kick a "volleyball."** Divide into two teams, and stretch a garden hose or a rope across the yard as a "net." Play like regular volleyball, with two differences: Use a

beach ball instead of a volleyball, and have players use only their feet to "bump" the ball back and forth. Teams score a point each time the ball lands on their opponent's side. The first team to reach 15 points wins.

● **Tag the treasure.** One player is "It." The rest are "smugglers" who want to keep It from capturing the "loot"—an object that can be hidden in a closed fist, such as a checker. One smuggler carries the loot while the others pretend to have it. At any time, the smuggler with the loot may sneak it to another smuggler. When It tags someone, that person must stop and show whether she has the treasure. The game ends when It catches the person with the loot.

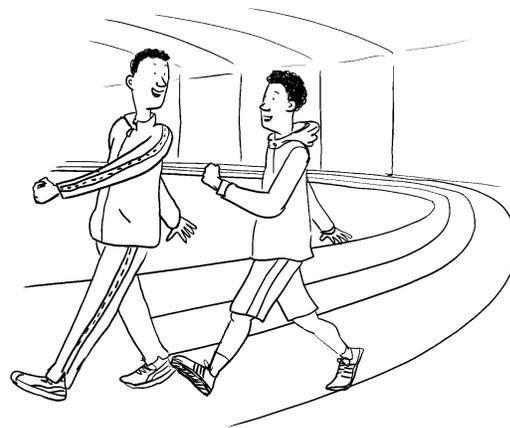
Step to it

Walking tones muscles, strengthens the heart and lungs, and requires no special equipment beyond a pair of comfortable sneakers. Use these strategies to add more steps to your daily routines.

● **Train for a cause.** Ask your teen to find a charity walk, and sign up together. Then, let him create a training schedule for your family. You might build endurance by starting with a half-mile walk the first week and adding another half mile each week until you can go the entire distance.

● **Shape up while shopping.** Instead of parking near the entrance, park far away. Before doing your errands, take a lap or two (or three!) around the mall or shopping strip, keeping up a good pace the whole way. Then, take the stairs rather than the escalator.

● **Reconnect on the move.** Need to have a family meeting? Want to discuss your weekend plans? Take it outside! Map a route through your neighborhood, perhaps 1 mile or 3 miles, to walk while you chat. Or schedule weekly "walk and talk" dates, and take turns choosing places to go. Your tween might suggest walking around a nearby lake. On a rainy day, try an indoor track at a local college or community center.



Move around town

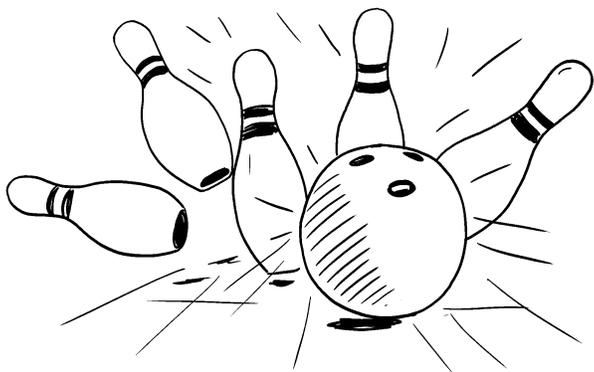
Together, brainstorm interesting activities that involve getting out and moving. Here are a few to get you started.

● **Join a volunteer project.** Check with local groups for active ways to pitch in. For instance, help plant a community garden, walk dogs at an animal shelter, or build homes for the needy.



● **Take field trips.** Pretend that you're tourists from out of town, and see what your town's visitor center suggests. Then, give each family member a turn planning weekend adventures. You might go on a bird-watching hike in a state park or try your skill at a rock-climbing gym.

● **Find a team.** There's a community team for just about every sport imaginable. Pick one or two that fit your family's interests, and sign up. Perhaps you will bowl together in a league or play doubles tennis. *Idea:* If your family enjoys a particular sport, you could work together as coaches and mentors for a team of younger kids. Check with your rec center, the YMCA, or Boys & Girls Clubs for opportunities.



Get fit while you sit

Family members can slip in cardio exercise while sitting at a desk, whether studying or paying bills. Share these heart-boosting ideas.

● **Do seated jumping jacks.** With your feet spread apart, pop up from the seat, clap your hands overhead like you would for a regular jumping jack, and sit back down. Do three sets of 15 repetitions. *Idea:* Swap out the desk chair for an exercise ball, and bounce on the ball for your jumping jacks instead.

● **Ride an invisible bicycle.** Sit toward the front of the seat, and lean back so your shoulder blades touch the back of the chair. Lift your feet off the floor, and "pedal" your legs by alternately pulling one knee toward your chest while keeping the other leg straight. Work up to pedaling rapidly for 30 seconds. *Tip:* Hold on to the seat or arms of the chair to help keep your balance.



● **Try shadowboxing.** Sit up straight on the edge of the chair. While bouncing your toes from side to side on the floor, raise your fists in front of your face, and move them around each other in 10 tight circles as if you're a boxer hitting a speed bag. Without stopping, twist to the right and do 10 more circles with your fists. Then, twist to the left, and repeat.

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