

# Nutrition

# *Niblets*



April 2012

## *Tips for Healthy Eating*



Teens, did you know unhealthy dieting can stop you from growing to your full height? Your body needs calories and other nutrients to grow and develop fully. That's why most teens shouldn't "diet."

Your bones take in the most calcium during your teen years and early twenties. The best sources are milk, yogurt and cheese, and most teens need the equivalent of three cups of milk daily.

If you don't eat breakfast, your body is like a computer without power.

Eating cookies, candy or other sweet foods before an athletic event won't give you an energy boost.

Eating smart and moving more will help you feel good, look good and do your best.

Source → [www.eatright.org](http://www.eatright.org)

**Food Focus – Garbanzo Beans**  
Garbanzo beans (also known as chickpeas) have a delicious nutlike taste and buttery texture. They are a good source of protein and iron and an excellent source of fiber.

## **Work up a sweat**



Vigorous work-outs -- when you're breathing hard and sweating -- help your heart pump better, give you more energy and help you look and feel your best. Start with a warm-up that stretches your muscles. Include 20 minutes of aerobic activity, such as running, jogging or dancing. Follow-up with activities that help make you stronger such as push-ups or lifting weights. Then cool down with more stretching and deep breathing.