

## Things that go together

### Eating good, exercise, and feeling good

If you're like most teens, you want to look and feel the best you can. But if you weigh more than you should, here are some things to consider. For many teens, the goal is simply to slow down your rate of weight gain and give your body a chance to catch up with your weight. So before you go on a diet, try being more active and eating healthier. Here are some tips to get you started.



## Make every minute count

You should get about **60 minutes** of physical activity a day. Unfortunately, many teens don't. The good news is, the little things you do can add up to a lot.

- **Housework**—make the bed, wash the car, vacuum. You'll burn extra energy and get extra credit from your parents!
- **Walk to a friend's house**
- **Take the stairs**

**Remember:** 5- or 10-minute spurts throughout the day add up and are just as good as 60 minutes at a time.



The **average** teen can expect to **grow** as much as **10 inches** during puberty

## What's the right weight for my height?

The truth is there's no one answer. You can be the same height as your best friend, but it doesn't mean you should weigh the same—body types vary. Speak to your healthcare professional to find out if you're in a healthy weight range.



## Trimming the fat

To cut unnecessary calories and fat...

Instead of...	Try...
Jumbo muffin, donut, or biscuit	Whole-wheat bread or whole-grain English muffin
Burger, pastrami, salami, or roast beef	Low-fat/fat-free turkey, tuna, or a veggie burger
A slice of pepperoni pizza	A slice of thin-crust veggie pizza
French fries	A baked potato
Potato chips	Pretzels
Ice cream	Low-fat frozen yogurt

## The urge to splurge

It's hard to eat right all the time. And you should be able to have the occasional piece of pizza or chocolate. But if you do, balance it out with healthier choices the rest of the day/week. That way you won't have to deprive yourself or feel bad eating what you want.

# Count the benefits



Activity	Total Calories Used per Hour*
Walking slowly (2½ mph)	210-230
Cleaning	235-355
Brisk walking (4 mph)	250-345
Jogging (6 mph)	315-480
Cycling (9 mph)	315-480
Tennis	315-480
Skating	320-400
Basketball	480-625
Swimming	480-625

\*Expenditures in calories by a 150-pound person.

## Save, save, save:

Some foods don't offer much besides calories from fat and sugar. Skip them to save empty calories.

- **110-115 calories—**

What you'll save by drinking water or no-calorie/low-calorie drinks instead of sugar-sweetened soda

- **About 190 calories—**

Savings from eating a small piece of fruit instead of a candy bar

You burn about  
**122 cal/hr**  
texting

## Eating right when eating out

Making good food choices at the mall, fast-food places, or the cafeteria doesn't have to be hard.

### Just keep in mind...

- **Serving size**—Portions have gotten way bigger. In the 50s, an average burger was 1.5 oz. Now, it's 8 oz or more. Eat slowly until you're no longer hungry, not full—don't feel the need to finish everything on your plate
- **Avoid high-fat add-ons**—Dressings, mayonnaise, and cheese can add lots of extra calories. Use ketchup, mustard, or salsa for flavor instead

For more tips,  
visit [www.splenda.com](http://www.splenda.com)



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## Skinny genes

Your chances of being overweight increase if one or both of your parents are overweight. But don't despair. There's plenty you can do about it.

A lot has to do with the foods you (and your parents) eat. Try making healthier food choices and being more active. Ask your parents to join you. It's a lot easier to stick to a plan when you have help.

