



# BACKPACK NEWS

## TEENS

### 5 ways to get your 5 a day

The recommended daily servings of fruits and vegetables is 5, or about 2  $\frac{1}{2}$  cups. Here are a few ideas to help you get into the 5-a-day habit:

#### 1. Start with the first meal of the day

- Plan to eat one or two servings of fruit for breakfast daily and try different fruit daily or weekly to mix it up. Try a half a grapefruit, an apple, or a handful of berries.
- For lunch and dinner, aim for 2 servings of vegetables at each.

#### 2. Get extra energy from fruit or vegetable snacks

- Did you know that fruits and vegetables contain carbohydrates, which are super sources of energy. By combining a fruit/vegetable serving with a protein, you'll stay fuller, longer.

#### 3. Double up on fruit and veggie servings

- A serving of fruit or veggies is relatively small—don't be afraid to double the size of the serving for an extra boost!

#### 4. Use fruit and vegetables as ingredients

- Use applesauce instead of oil in your baked goods; chop up veggies for stir fry, pasta, or chili; use fruit in smoothies or on cereal or yogurt. These are great ways to include the nutrition sneakily.

#### 5. Try a new fruit, vegetable or recipe each week

- Variety is the spice of life—and by trying new produce, you may find a new favorite or spice up your snacks/meals/recipes.

Source:

<https://kidshealth.org/en/teens/veggies-tips.html?ref=search>

### Bad Weather Driving

The best strategy for driving in bad weather is to avoid it. If you must go out, follow these safe driving tips:

- Make sure your headlights are on.
- Increase your following distance.
- Slow down—braking takes longer on slick roads. The slower you go, the easier it will be to recognize potential hazards.
- Make sure your car is prepared for conditions (check your battery, washer fluid, tires, headlights, etc.).
- Use caution near intersections.
- Stay in one lane as much as possible and avoid frequent lane changes.
- Keep 2 hands on the wheel, and 2 eyes on the road always.

### Creating a Vision Board

Creating a vision board can boost motivation, and help you stay inspired with your dreams and goals.

Use a wall/poster board/door and get creative with using colors, photos, magazines, and quotes to fill each section about you.

#### Section Ideas:

- My top 3 strengths
- What I want to learn this year
  - Someone I admire
  - In 5 years I want to be
  - I am most proud of
  - I am grateful for
- What friendship feels like to me
- Something I do to be healthy
  - What do I like about me

Source: KohlsHealthyAtHome.org  
"Student Vision Board"

### Fiber

Fiber is a nutrient that doesn't get a lot of credit but is an important part of a healthy diet.

#### What is Fiber?

Fiber is a carbohydrate that the body cannot digest, and found in fruits, vegetables, grains and legumes.

#### What are the health benefits?

Fiber can help lower cholesterol, improve blood sugar, lower your chances of getting some types of cancer, and help with digestive issues, such as constipation.

Fiber can also help you to feel full, which can be beneficial with weight control.

#### How much fiber do I need?

Teen girls (14-18) should get 25 grams of fiber a day and teen guys (14-18) should get 31 grams of fiber per day.

\*Add fiber to your diet slowly—adding too much, too fast can cause bloating, gas or cramps. Also, drink plenty of water!

#### How do I make fiber part of my diet?

##### Breakfast

Oatmeal, whole-grain cereals/waffles/pancakes/bagels instead of 'white' products; fruits such as apples, oranges, berries or raisins.

##### Lunch/Dinner

Whole-grain pasta, rice, or breads; lentils or beans; sweet potatoes with skins; salads with nuts, beans or fruit.

##### Snacks

Use bran in baked goods; popcorn/whole-grain crackers or fruits. Source: KidsHealth.org  
"Fiber"