



# BACKPACK NEWS TEENS

## 5 ways to get your 5 a day

The recommended daily servings of fruits and vegetables is 5, or about 2 ½ 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](https://www.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](https://www.kidshealth.org)  
"Fiber"