

### Healthier fast-food eating

Getting together with friends at a fast-food joint or grabbing a bite to eat after a sporting or school event is part of being a teen. Eating too much fast food or choosing high-fat, high-calorie items can drag the body down and negatively affect how our bodies work.

Here are a few tips for making wise choices when eating on the go:

#### Go for balance

Incorporating items that have lean proteins (fish, chicken, beans), fruits and vegetables and whole grains (whole-wheat bread or brown rice) will be healthier than fries and a burger on a white bun. Look for items that are grilled or baked versus fried, and items such as side salads or fruit are a great side choice.

#### Watch portion sizes

It can be easy to eat more when it's in front of you and eating out usually means big portion sizes. Take half of your meal home for the next day and opt for the small size of items versus super-sizing.

#### Choose your drink wisely

Soda, juices, sweet tea and some sports drinks have a lot of sugar and very little nutrition. Opting for water or low-fat milk will keep you hydrated and without the extra calories and non-nutritious additives.

<https://kidshealth.org/en/teens/eating-out.html>

### School Nurse Expertise

From Lynn Zaspel, School Nurse for the Jefferson School District:

**“Encourage your friends and family members to participate in meal planning and preparation together. Cooking can be fun, and trying new recipes is a great way to spend time together trying new foods.”**

### 24/7 Mental Health Crisis Resources

- Jefferson County  
**920-674-3105**. *If calling after 5:30pm, weekends or holidays, press 7.*
- 988 Suicide & Crisis Lifeline  
*Call 988 (multiple languages) or text 988 (English only)*
- Center for Suicide Awareness  
*Text HOPELINE to 741741 on mobile devices.*

### Food intolerance vs. Food allergy

It can be confusing to know the difference between food allergies and an intolerance.

Food intolerances can make someone feel ill, and examples are lactose intolerance and celiac disease. This means that the body cannot properly digest a certain food that is eaten, or that food can cause the digestion system to be irritable. Symptoms of a food intolerance may include nausea, gas, belly pain and/or cramps, diarrhea, irritability and headaches.

Food allergies can also make someone feel ill, but some may cause a life-threatening reaction, called anaphylaxis. An allergy happens when the body's immune system (the same one that fights infections) sees the food as an “invader” and has an immune response. This reaction may include hives, vomiting, belly pain, throat tightness, breathing problems or a drop in blood pressure

Someone with a food allergy is always at risk for the next reaction to be life-threatening, even if previous reactions were mild. Anyone with food allergies must avoid the problem foods and may carry an emergency injectable device (EpiPen).

<https://kidshealth.org/en/parents/allergy-intolerance.html>