GET A JUMP
ON YOUR DAY
With Fruits and Veggies

GET THE FACTS

WHY SHOULD YOU BE CONCERNED ABOUT YOUR HEALTH IN HIGH SCHOOL?

The habits you learn today will stick with you into adulthood! Diets which are high in fat, saturated fat, and cholesterol increase the amount of plaque that forms in the arteries and can cause heart disease in the future. Adolescents and children are being classified as "prediabetic" or being diagnosed with type II diabetes more than ever before. Your diet today effects how you will look and feel in the future!

PAY ATTENTION TO THESE:

"Empty Calories":
- Foods that offer very few vitamins and minerals per calorie—like soda and other sugar-sweetened beverages.
- Consume "empty-calorie" foods as little as possible.

Saturated Fat:
- Found in animal products (whole milk, steak, cheese, bacon).
- Increases the risk for developing heart disease.
- Limit saturated fat to <10% of your total calories for the day.

Cholesterol:
- Associated with increasing the amount of plaque that forms in your arteries.
- Consume <300 mg per day.

Added sugar:
- Fruits and vegetables contain natural sugars but many foods do not.
- To determine how much added sugar a food contains, look on the ingredient list for "sugar" or words containing "dextrose" or "high fructose corn syrup."

AN APPLE A DAY KEEPS THE DOCTOR AWAY

Why are fruits and vegetables so important?
- They contain antioxidants that offer protection against toxins that exist in the body and can cause damage to tissues.
- The fiber in fruits and vegetables is significant because:
  1. It helps support a healthy gastrointestinal tract.
  2. It keeps you feeling fuller for longer.
  3. It takes the body longer to break down fiber, preventing spikes in blood sugar levels.
  4. Fiber may decrease cholesterol by binding to the "bad" cholesterol and removing it from the body.
- Fruits and veggies are low in fat, saturated fat, cholesterol, and sodium, helping in the prevention of heart disease and high blood pressure.
- Fruits and vegetables are high nutrient dense foods, meaning they provide more vitamins, minerals, and antioxidants and are lower in calories compared to low nutrient dense foods such as chips and soda.
- Eating a variety of fruits and vegetables helps to achieve and maintain a healthy weight.

JUMP START YOUR DAY

Breakfast is the most important meal of the day. Eating a nutritious breakfast rich in fruits, vegetables, lean protein (such as eggs), and whole grains sets a healthy tone for the day. Start the day off with a complete breakfast—including fruits and vegetables!

A nutritious breakfast:

1. Gives you energy!
2. Helps your focus (because you're not listening to your grumbling stomach)!
3. Promotes a full day of eating healthy!

ON YOUR HEALTH

How can you increase your consumption?

- Choose to eat at the salad bar a few times per week. (If your school doesn't have one, contact your school nutrition staff to brainstorm ways to get one.)
- Pack a bag of fruits and vegetables for after-school snacks.
- Order fruits and vegetables as side dishes or put on top of sandwiches when eating out with friends.
- Add fruit to your sundaes instead of hot fudge, caramel, or other high fat/sugar toppings.
- Grab 100% juice instead of soda and other sweetened drinks.

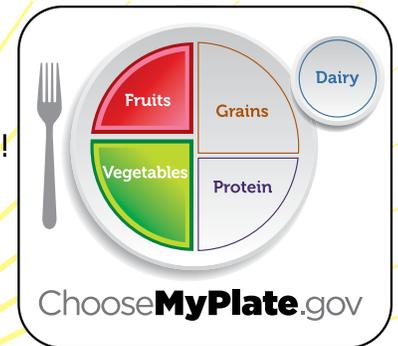| FRUITS AND VEGETABLES (CUPS)				
	GIRLS		BOYS	
Activity Level	Fruits	Veggies	Fruits	Veggies
Less Active	1½	2½	2	3
Moderately Active	2	2½	2	3½
Active	2	3	2½	4

HALF-THE-PLATE CONCEPT:

Making fruits and vegetables the focal point of every meal will help you meet your recommended amount each day—and you won't have to do all the math!

So . . . Keep It Simple.

Fill half your plate with colorful fruits and vegetables at every meal and snack occasion!

ChooseMyPlate.gov

DAILY PHYSICAL ACTIVITY

How much do you need?
Recommendation: Shoot for 30-60 minutes each day!

HOW MANY CALORIES ARE YOU EXPENDING?

ACTIVITY	CALORIES PER HOUR
Watching TV	55
Playing Soccer (competitive)	545
Playing Field Hockey	435
Socializing	85
Doing Homework	100
Track Practice	545
Playing Football (Tackle)	500

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