

# EAT HEALTHY

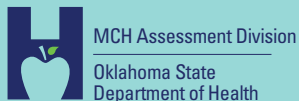
Encourage our youth to make healthy choices!

## AMONG OKLAHOMA PUBLIC HIGH SCHOOL STUDENTS IN 2019:

- 20%** Ate fruit or drank 100% fruit juice two or more times a day\*
- 9%** Ate vegetables three or more times a day\*
- 22%** Drank a can, bottle, or glass of soda or pop one or more times a day\*
- 19%** Did not eat breakfast on any day\*

\*During the 7 days before the survey

### FOR MORE INFORMATION CONTACT:



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## RECOMMENDATIONS<sup>1</sup>



### LOAD UP ON FIBER

Focus on fiber (fruits, vegetables, whole grains and beans).



### AVOID SUGARY DRINKS

Cut back on sugary drinks. Many 12-ounce cans of soda have 10 teaspoons of sugar (& 140-170 calories). Energy drinks, sweet tea, and some juices also have added sugars & calories.



### EAT MORE FRUITS AND VEGETABLES

Work on making half your plate fruits & vegetables.



### BREAKFAST IS IMPORTANT

Eat a healthy breakfast or a morning snack/meal to improve concentration, memory, & energy.

## HEALTHY EATING TIPS<sup>2,3</sup>

- Keep a bowl of fruit on the table, counter, or in the refrigerator. Buy fresh, dried, frozen, & canned fruits (in water or 100% juice), so there is always a supply on hand.
- For a quick snack, recharge with a pear, apple, or banana & peanut/nut butter; a small bag of baby carrots; or hummus with sliced veggies.
- Eat when you're hungry and stop when you're full. Skipping meals might seem like an easy way to lose weight, but can lead to a gain if more is eaten later to make up for it.
- Drink water & cut back on cookies, cakes, candies, sweets, chips & fries. These often have lots of sugar, unhealthy fat, & salt.
- Choose fast foods in smaller portions or healthier options, like a veggie wrap or salad instead of fries or fried chicken/steak.
- Choose fat-free or low-fat milk & dairy products: milk, yogurt, cheese, and/or fortified soy drinks.

1. U.S. Department of Agriculture. Choose My Plate available at URL <https://www.choosemyplate.gov/browse-by-audience/view-all-audiences/students/teens>  
 2. National Institute of Diabetes and Digestive Health and Kidney Diseases. "Take Charge of Your Health: A Guide for Teenagers." Available at URL <https://www.niddk.nih.gov/health-information/weight-management/take-charge-health-guide-teenagers?dkrd=lggc1334>  
 3. Johnson, A. "Teach Your Teen about Nutrition Facts Panels." Academy of Nutrition and Dietetics available at URL <https://www.eatright.org/food/nutrition/nutrition-facts-and-food-labels/teach-your-teen-about-nutrition-facts-panels>