


TIPS FOR AGE: 12-18 years


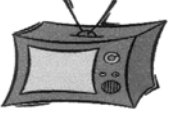




South Lake Pediatrics
www.southlakepediatrics.com
952-401-8300

- Keep a limit on “screen time” (TV, computer and video games) to a maximum of 1 to 2 hours per day.
- Avoid watching TV while eating meals or snacks. This leads to excessive caloric intake.
- If you’re not in an organized sport at any given point during the year, try teaming up with a friend, parent or sibling to do a physical activity you both enjoy. This keeps it fun, and helps motivate you both to stay active!



The Daily 5-2-1-0

	5	servings fruits and vegetables
	2	hours limit on screen time (TV, computer and video games)
	1	hour active play or exercise
	0	liquid calories (pop, sweetened juices or sports drinks)

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For more dietary or exercise advice, check out our website at www.southlakepediatrics.com for links and information, or talk to your South Lake clinician.

Car Safety

- ALWAYS wear your seatbelt!
- When your teenager is learning to drive, talk to her about safe driving habits. If she needs to answer her phone or text, pull over! No message is worth putting her safety at risk.

Household Safety

- Make sure you have working smoke and carbon monoxide detectors in your home.
- Have a fire escape plan and practice it with your children.
- For information on where to learn CPR, go to www.redcross.org

Outdoor Safety

- Be sure to apply sunscreen frequently when spending time outdoors. Regular tick checks are a good idea, especially after playing in or hiking through wooded areas.
- Helmets should be worn for any sport in which a person is traveling fast on a hard surface, including biking, skateboarding, rollerblading, skiing and snowboarding.
- Properly fitting sports equipment is important if your child will play in any sport; this is especially important in the contact sports such as hockey, football and lacrosse.
- Talk to your teenager about stranger precautions. This especially includes warning them of online predators.
- The American Academy of Pediatrics recommends **not** using trampolines. Thousands of injuries, including broken bones and even neck and spinal cord injuries, happen on trampolines each year.
- Kids and teens should not be allowed to play with fireworks, including sparklers.

Good nutrition: a parent's role

- Parents continue to be a strong influence on their teen's behavior and habits, so *lead by example!* Parents should eat a healthy diet (including breakfast), be watchful of portion sizes, and make time for exercise.
- Adolescence is a time of rapid growth, faster than any other time since your child's first year of life. An increase in your teen's appetite is normal!
- When grocery shopping, read food labels and try to limit highly processed foods with low nutritional value, those that are high in sodium or contain trans-fats. For families that are able to prepare foods from scratch, you may find that the benefits of limiting salt and eliminating preservatives outweigh your additional prep-time.
- Eat your meals together as a family. When teens eat regularly with their families, they increase their intake of fruits, vegetables, fiber and nutrients from food. They consume fewer fried foods, less pop, and less saturated and trans-fats!
- Encourage water or milk instead of pop, sweetened juices or sports drinks – these are all major contributors to excessive calories in the diet!
- Parents shouldn't allow their teen to have a TV in the bedroom. This is correlated with a significant increase in TV viewing time and a far greater risk of being overweight! Also, parents should help their teen to balance "screen time" (to include TV, computer and video games) with physical activity.
- Watch for the following signs of eating disorders in your teen, and contact your South Lake clinician with concerns:

Anorexia – Excessive weight loss in a short period of time, obsession with physical exercise, eating in secret, unhappy with appearance, loss of menstrual period, constantly dieting although already thin, depression.

Bulimia – Binge-eating with no noticeable weight gain, obsessions with physical activity, disappearance into a bathroom for long periods of time, vomiting or laxative use, unusual interest in certain foods, unusual eating rituals, depression. Often these children are average or above average weight.
- Promote a healthy body image. Keep the focus on good nutrition and physical fitness rather than weight or

clothing size. Talk to your teen about how the media may affect his image of himself.

A teenager's role

Make time for breakfast every day

- Skipping breakfast is associated with obesity and poorer school performance. Teens often miss breakfast due to lack of time. Try waking up a few minutes earlier and making breakfast a priority.
- If you're always racing out the door, encourage your parents to stock "on the go" foods such as trail mix, low-fat granola or breakfast bars, cheese sticks, sandwiches or fruit to eat at school.

Get your calcium

- Due to the rapid growth during this time of your life, you need about 1200-1500 mg of calcium per day. This is equivalent to 4 to 5 servings per day of calcium-rich foods (dairy, calcium-fortified orange juice, tofu, collared greens, etc.).
- Drink skim or 1% milk.
- If you're lactose intolerant, try: smaller portions of dairy throughout the day, lactose-free dairy products, or lower lactose cheese varieties such as cheddar, colby, swiss and parmesan. Also consider Lactaid® pills or powder to help with the digestion of lactose.



What you can do about fast foods

- Keep fast food meals limited to no more than once per week. Substitute milk or water for pop. Avoid "super sizing."
- Try a salad at a fast food restaurant instead of burgers and fries, but be sure to use a low fat and low calorie dressing.
- If you're ordering a burger and fries, try their regular sizes instead of the larger versions (like Big Macs® or Double Whoppers®).



Staying active

- You should make physical activity a priority each day! Try simple things like using stairs instead of an elevator or escalator, walking or riding a bike instead of taking the car. Aim for *at least 30 to 60 minutes* of moderate to vigorous physical activity per day.