

# KEYS TO A HEALTHY DIET

1. Eat breakfast daily
  - ◇ Grandma was right when she said that breakfast is the most important meal of the day. Avoid sugary breakfast cereals, doughnuts, and Pop-Tarts.
2. Daily calcium is essential
  - ◇ Grandma was right when she said drink all your milk to grow up to be big and strong. Good dairy choices include skim milk, low fat cheese, and low fat yogurt
3. Daily iron is essential
  - ◇ Grandma was right when she said that spinach is good for you. Boys and girls should eat some meat at least once or twice daily. If you are a menstruating female or a vegetarian, it is especially important to take a multivitamin with iron.
4. Eat fruits and vegetables twice a day
  - ◇ Grandma was right when she said eat plenty of fruits and vegetables to stay healthy. These foods contain many essential vitamins and minerals.
5. Reduce your intake of sweets
  - ◇ Grandma was right when she said drink 8 glasses of water each day. Soft drinks, sport drinks, and juice drinks contain high amounts of sugar. Learn to read labels. Look for foods with no more than 10 grams of sugar per serving.
6. Reduce simple carbohydrates
  - ◇ Grandma was right when she said eat more fiber. White foods (white bread, white pasta, white rice, and white potatoes) are filled with simple sugars. Change to whole grain breads and pasta, brown rice, and sweet potatoes.
7. Reduce the fatty foods you eat
  - ◇ Grandma was right when she said don't snack between meals. Learn to read labels. Look for foods with less than 2 grams of saturated fat per serving.
8. Avoid fast foods
  - ◇ Grandma was right when she said there is no cooking like home cooking. Limit fast foods and pizza to no more than once a week and don't supersize.
9. Exercise
  - ◇ Grandma was right when she said go outside and get plenty of fresh air. Don't be a couch potato. Limit TV, video games, and non-homework computer time to no more than 2 hours a day. Exercise at least one hour each day.
10. Be realistic
  - ◇ Grandma was right when she said live a little. It is ok to splurge once in a while especially when at a party or out with your friends. Just don't make it a habit.
11. South Beach
  - ◇ Grandma was right when she said that winters are better in Florida. For adolescents, the South Beach Diet created by Dr. Arthur Agatston is ideal. Adolescents should skip phase one and start the diet at phase two.