EAT WELL LIVE WELL

Healthy eating for every life stage



HEALTHY EATING FOR TEENAGERS

12–18 YEARS

Healthy eating is important throughout life, especially for teenagers. Your body is growing rapidly, and these physical changes can be hard to deal with. As you become more independent, you'll also start making your own choices about what to eat. Having a healthy relationship with food and choosing options from the five food groups will help you feel good, stay well and be active.

COMMON CHALLENGES AND HELPFUL TIPS

Food and mood

Food plays an important role in keeping your body healthy and it can also have an effect on how you feel. Some foods contain nutrients that support brain and gut health to help improve your mood, energy, and concentration levels. When and who you eat with can also influence your emotions.

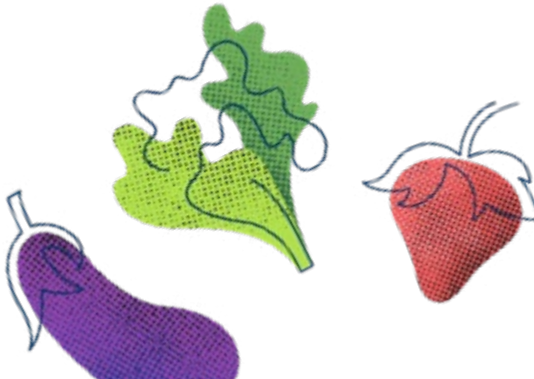
How to eat to support your mental health:

- Start with a healthy breakfast that includes wholegrains to give you energy throughout the day and protein to help release serotonin, the happy hormone. Try a fresh fruit smoothie with Greek yoghurt, baked beans on multigrain toast or higher-fibre cereals like wheat biscuits or bran flakes with reduced-fat milk.
- Add some healthy fats to your meals to improve your memory and reduce anxiety. Spread avocado on your sandwich instead of butter, add some tinned salmon or tuna and chopped nuts and seeds to a basic salad.
- Snack on sweet fruits and crunchy vegetables instead of fast food or snacks like cakes, biscuits, and lollies. Processed foods can make you feel tired or distracted, but fresh fruits and veggies contain vitamins and antioxidants that boost your mood and help you deal with stress.
- Remember to choose water every day. Drinking water to stay hydrated will improve your concentration.
- Sharing a healthy meal with family and friends is a great way to be social and feel connected. Switch off your devices and sit down at the table together.

Body image

Feeling good about your body provides a strong foundation for good self-esteem and healthy development. Having a positive relationship with food can help you build a positive body image. This means that you eat when you're hungry, stop when you're full and don't feel guilty about eating most of the time.

Regularly skipping meals, restricting the amount or type of food you eat, or overeating can be a sign that you're developing an unhealthy eating pattern. If you need support for yourself or someone you care about, contact Butterfly's national helpline on 1800 334 673.



KEY NUTRIENTS

Your food and nutrition needs change as you grow and age. Choose healthy options from the five food groups that help meet the demands of key nutrients for your life stage.

Nutrient	Function	Food sources
Iron	· Helps red blood cells carry oxygen around the body · Improves energy levels · Girls need additional iron when they begin menstruating	· Milk, yoghurt and cheese · Nuts or nut butter · Leafy greens · Dried apricots · Chickpeas, beans, and lentils
Zinc	· Essential for normal growth and sexual development	· Shellfish · Lean red meat and poultry · Chickpeas, beans and lentils · Pumpkin seeds · Cashew nuts
Calcium	· Required for normal growth and development of bones and teeth	· Milk, yoghurt and cheese · Leafy greens · Dried apricots · Nuts or nut butter
Omega 3	· Improves brain function and protects mental health	· Salmon, tuna, sardines and mackerel · Avocado · Extra virgin olive oil · Flaxseeds and chia seeds · Walnuts



BLUEBERRY & CINNAMON OVERNIGHT OATS

Our Blueberry & Cinnamon Overnight Oats will fill you up and give you loads of energy for the day ahead. The oats will keep your blood sugars stable so you can concentrate at school, and the blueberries are full of antioxidants which give you a mood boost. Preparing these the night before will ensure you have time for plenty of sleep.

Download the recipe at
www.geelongaustralia.com.au/eatwell