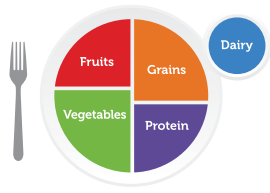


Start *simple*  
with **MyPlate**



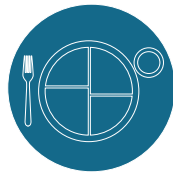
# Healthy Eating for Teens

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



## Learn what YOU need

Do you know what foods and what amounts are best for YOU? Get your own personalized [MyPlate Plan](#).



## Eat a variety of foods

Make choices from all food groups—fruits, vegetables, grains, protein foods, and dairy and fortified soy alternatives—every day. Each group provides you with different nutrients and you need all of them.



## Be active

Squeeze in some physical activity between homework, going out, and other activities. Walk the dog, ride your bike with a friend, or do an online workout.



## Keep water handy

Water is a better option than most drink choices. Keep a reusable water bottle in your bag and skip the sugary sodas, fruit drinks, and energy and sports drinks.



## Build strong bones

Get the calcium and vitamin D that your growing bones need! Choose fat-free or low-fat dairy milk, soy milk, and yogurt. You can get vitamin D from sunshine, too!



## Get active in the kitchen

Learn how to make a few dishes. Include extra fruits and vegetables for added flavor and nutrients. For recipes, visit the [MyPlate Kitchen](#).