

NUTRIFAX[©]

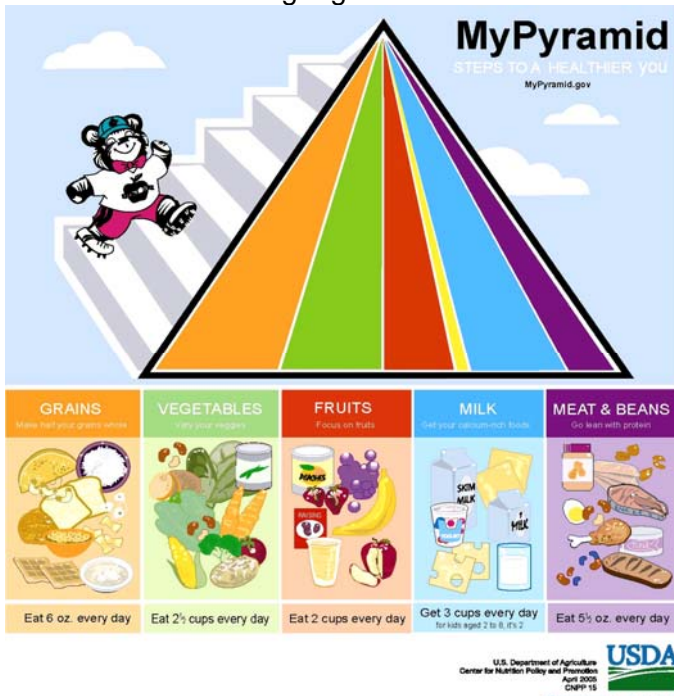
2008

Nutrition Tips for Female Teenagers

Nutrition Statement

Healthy eating and exercise habits during the teen years are very important for your lifelong health. This is a time of growth and development. With increased energy and nutrient needs, active lifestyle, and society's pressure to be thin, many girls fall short on important nutrients.

Eating the MyPyramid way ensures you get the nutrients you need without the extra calories and fat that could lead to weight gain.

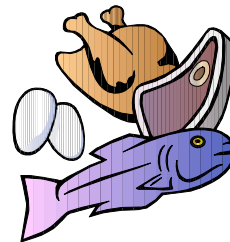


During the teen years, about ½ of bone mass is built. If teens don't consume enough calcium while young, their bones won't grow to their full potential, and they will be at greater risk for osteoporosis later in life or bone fractures during their youth. Sources of calcium are milk, yogurt, and cheese, salmon, sardines, tofu and leafy green vegetables, fortified fruit juices and cereal.



On average female teenagers consume about 1½ cups of soft drinks per day and less than 1 cup of milk.

Female teens lose iron each month. Iron carries oxygen in the blood to body cells and helps them produce energy. If iron intake is low, cells receive less oxygen making you feel tired and weak. Extra iron is needed to replace losses during your menstrual cycle. Iron intake is often lower among vegetarians or competitive athletes. The RDA for iron is 15 milligrams a day. Sources of iron include: meat, fish, and poultry; fortified cereals, whole grains, legumes, dried fruit, and dark green leafy vegetables.



Eating Vitamin C rich foods such as citrus fruits and juice, green peppers, tomatoes, and broccoli help the absorption of iron.

Dieting to stay thin or lose weight is dangerous. Dieting can lead to nutrient deficiencies, stunted growth and development, and eating disorders. If not treated, eating disorders can be deadly. Fad diets do not provide a varied or balanced diet and they don't work! **Skipping meals is not a smart way to save on calories.** Hunger that is satisfied later with high fat snacks results in consuming more calories and coming up short on nutrients.

The average female teenager needs roughly **2200 calories a day.** Extra weight can be avoided by choosing low-fat foods; avoiding "empty" calories; and exercising 60 minutes each day.

Food and Nutrition Services can assist you in providing nutrition information. Call 703-813-4800 and ask for a Registered Dietitian.