



HEALTHY EATING TIPS FOR TEENS

Use fruit as a snack

Instead of grabbing a sugary, calorie-laden snack, eat fruits or vegetables.



Don't skip meals

Never go for a long time without food. Eat some fruits or dried fruits to fuel your body.

Drink water

Keep yourself hydrated by drinking water. It will help you avoid having drinks high in sugar.



Avoid energy drinks

Energy drinks have a lot of caffeine and sugar. Try to avoid them as often as possible.

Bake rather than fry

Limit making and consuming fried foods as they have unnecessary fats. Eat baked food for optimal body weight.

