

Top 5 Health Tips for Teens

1. Calcium. Growing bones need lots of calcium to maintain strength. During our teenage years our bones grow at a very fast rate so we need extra calcium to make sure we are healthy when we are older. Our teeth are made up of 99% minerals, especially calcium. If we don't get enough from our diet our teeth will start to deteriorate and grow spots!

Foods to Eat: Cheese, yoghurt, raw nuts and seeds like Almonds, broccoli and tofu.

2. Protein. Our bodies are made up of protein. Everything that happens in our body needs protein in order to function properly. If we are deficient in protein we will have no energy and our tissues will waste away!

Foods to Eat: Eggs, chicken, fish, tofu, nuts and seeds, whole grains and beans.

3. Fruits and Veggies. We need to eat at least one cup of veggies and three pieces of fruit per day. Fruits and veggies contain the vitamins and minerals we need to stay healthy, lean and beautiful! Try to have four to five different colors on your plate.

Foods to Eat: Apples, oranges pears, berries, peppers, tomatoes, dark green veggies, etc.

4. Nuts and Seeds. Eat a small handful of nuts and seeds each day to contribute to healthy skin, hair, nails, teeth and gums. Try spreading nut butter on toast or a rice cake.

Foods to Eat: Raw almonds, Brazil nuts, sesame seeds, pumpkin seed, cashews. Almond butter, Cashew butter, Tamari spread.

5. Energy. In order to have lots of energy to have fun, laugh and get the most out of life we need to eat good foods that will keep us feeling ALIVE and looking GREAT! By making sure that you do your best each day to eat some of the above foods you will stay healthy and full of energy to anything you want!