What is Body Image?

BODY IMAGE IS ...

- How you see yourself when you look in the mirror or when you picture yourself in your mind.
- How you feel about your body and appearance, including your height, weight, and shape.
- How you feel *in* your body, not just *about* your body.

Do You Respect Your Body? (circle True or False)

1.	True	False	I often talk negatively about my body.
2.	True	False	I weigh myself more than once a week.
3.	True	False	I would exercise less if appearance did not matter.
4.	True	False	I often compare my looks or body to others.
5.	True	False	I often feel guilty or anxious after eating a high fat food.
6.	True	False	I cannot accept a compliment about my appearance.
7.	True	False	If I had to, I would do unhealthy things to change my weight (such as fasting, taking laxatives, throwing up, or excessive exercising).
8.	True	False	I feel unhappy or discontent with my life at this time.
9.	True	False	I would panic if I gained a few pounds.
10.	True	False	I am dissatisfied with my current body shape and size.

Count the number of questions you answered FALSE and read below to see if you respect your body.

POSITIVE BODY IMAGE IS ...

- A clear, true idea of your shape—you can see your body as it really is.
- You feel comfortable and confident in your body and appreciate your unique physical qualities.

8-10 You seem satisfied with your body! Be a role model for others.

4-7 You may be too hard on yourself. Look below for ways to improve your body image. Or get more information from an organization near you, such as Body Positive. Visit www.bodypositive.com.

0-3 Are you having a rough time right now? Help is available. Find an adult that you trust to talk to about this, such as a doctor, school nurse, school counselor, or family member.

How Can You Improve Your Body Image?

1. **Focus your attention and energy on what you *can* do:**
   - ***Eat well and exercise!*** This will help you develop into your natural weight, and balance the natural chemicals in your brain to help you feel happy. It's never too late to start exercising and eating well.
   - Limit sedentary activity, such as watching TV and movies and playing video/computer games.
   - Choose realistic role models that allow you to feel good about yourself. Remember that advertisers spend tons of money to make you feel there is something wrong with you, so that you will buy their product to "fix" the problem.

2. **Accept what is not in your control.**
   - Understand that bodies develop in ways that you can't always control. However, having a healthy lifestyle will help your developing and changing body.

Eating, Exercise & Body Image Continuum

This continuum represents the range of eating and exercise behaviors and attitudes towards food and body image. The goal is to function in the *Concerned in a Healthy Way* category, which reflects good physical and emotional health. Throughout life, many people move in this continuum due to many factors such as family, culture, friends, school, sports, health, finances, the media, etc. No matter where you fit, there are resources for you.

☑ Check where you are today
◯ Circle where you want to be in the future

FOOD IS NOT AN ISSUE	*CONCERNED IN A HEALTHY WAY*	FOOD PREOCCUPIED/OBSESSED	DISRUPTIVE EATING PATTERNS	EATING DISORDERED
☐ I am not concerned about what or how much I eat.	☐ I pay attention to what I eat to have a healthy body.	☐ I think about food a lot.	☐ My food and exercise concerns interfere with my school, family, and social life.	☐ I worry about what I will eat and/or when I will exercise enough.
☐ I feel no guilt or shame no matter what or how much I eat.	☐ Food and exercise are important but not the major part of my life.	☐ I think and read a lot about dieting, fitness, and weight control.	☐ I use food to make myself feel better.	☐ I follow a strict eating plan and I always know how many calories, fat grams, and/or carbs I eat.
☐ Exercise is not really important to me.	☐ I enjoy eating, but I balance this with my concern for good health.	☐ I sometimes miss school, work, and having fun because of my diet or exercise schedule.	☐ I have tried fasting, diet pills, laxatives, vomiting, or extra time exercising to lose or maintain my weight.	☐ I feel a lot of guilt, shame, and anxiety when I break my diet.
☐ I choose foods based on cost, taste, and convenience.	☐ I usually eat 2-3 balanced meals daily, plus snacks, to get me through the day.	☐ I divide food into 2 categories: "good" and "bad".	☐ If I cannot exercise to burn off calories, I worry.	☐ I regularly stuff myself and then exercise, vomit, or use laxatives to get rid of the food.
☐ I don't worry about meals; I just eat whatever I can, whenever I can.	☐ I have realistic goals for eating well and being physically active.	☐ I feel guilty when I eat "bad" foods or when I eat too much.	☐ I feel strong when I can cut down on how much I eat.	☐ My friends and family tell me I am too thin, but I feel fat.
☐ I enjoy eating lots of tasty food when I have a chance.	☐ Sometimes I eat more (or less) than I really need, but mostly I listen to my body.	☐ I am afraid of getting fat.	☐ I feel out of control when I eat more than I want to.	☐ I am out of control when I eat.
		☐ I wish I could change how much I want to eat and what I am hungry for.		☐ I am afraid to eat in front of others.

BODY IS NOT AN ISSUE	*BODY ACCEPTANCE*	BODY PREOCCUPIED/OBSESSED	DISTORTED BODY IMAGE	BODY HATE - DISASSOCIATION
☐ I feel fine about my body.	☐ I pay attention to my body and my appearance because it is important to me, but it is not a huge deal.	☐ I weigh myself a lot.	☐ I spend a lot of time exercising and dieting to change my body.	☐ I often feel as if my body belongs to someone else.
☐ I don't worry about changing my body shape or weight.	☐ There are some things about my body that I would like to change, but I'm okay with my positive features.	☐ I spent a lot of time looking at myself in the mirror.	☐ My body shape and size keeps me from dating or finding someone who will treat me right.	☐ I hate my body.
☐ I hardly ever weigh or measure myself.	☐ My self-esteem is based on my abilities, talents, and relationships — not just my looks.	☐ I often compare my body to others.	☐ I would like to change my body shape and size by surgery.	☐ I often keep away from others.
☐ My feelings about my body are not influenced by the media or what others think of me.		☐ I have days when I feel fat.	☐ I wish I could change the way I look in the mirror.	☐ There's not much or nothing that's okay about my body shape and size.
☐ I know that my friends and family will always love me for who I am, not for how I look.		☐ I accept society's ideal body shape and size as okay.		☐ I don't believe others when they tell me I look okay.
		☐ I'd be more attractive if I were thinner and more muscular.		☐ I hate the way I look in the mirror.

Adapted from Smiley/King/Avey, 96

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Healthy Weight

▶ Why is staying at a healthy weight good for you?

A healthy weight means that you feel healthy in your body and mind, and that you are decreasing your chance of getting diseases such as heart disease, diabetes, and high blood pressure. A healthy weight allows you to be physically active so you can run up and down hills, participate fully in sports and P.E., and help out with family chores. Staying at a healthy weight as a teen will improve the way you feel about yourself and your body and help you manage your weight for life.

▶ How can you get to or stay at a healthy weight?

If you want to lose some weight, try being more active and eating fewer calories each day. Here are some things to try:

✔ Be active almost every day to burn extra calories and get fit.

Play sports, walk to school in a group or with a friend/family member, rollerblade, and ride a bike instead of playing video games and watching TV. Being active doesn't mean you have to exhaust yourself—it's about moving around for 30-60 minutes everyday. Exercise with friends and try different and enjoyable physical activities.

✔ Cut down on calories.

Some simple ways to cut calories include:

1. Drink water instead of soda, juice, or sports drinks. You can cut 100-150 calories every time you do this..
2. Eat a piece of fruit instead of a candy bar or junk food. You will cut about 200 calories or more.
3. Eat smaller portions of food and drink lots of water with meals and snacks.
4. Try some of the ideas in this chart:

❑ **Drink a lot of water throughout your day.** Try to drink at least four 16 oz. bottles of water each day. This will help you digest food.	❑ **Cut down** on foods that are fried, battered and covered in sauces and gravies.
❑ **Drink nonfat/lowfat milk and eat nonfat/lowfat dairy products (cheese, yogurt)** rather than whole milk dairy products.	❑ **Cut back on watching TV, playing video games, and sitting at the computer** to no more than one or two hours per day. Pick a few favorites and skip the rest.
❑ **Increase your intake of fiber-rich foods.*** They are filling and easily digested.	❑ **Avoid eating in front of the TV or computer.** While watching TV, you may keep eating, even when you're not hungry.
❑ **Eat when you are hungry.** Refusing to eat when you are hungry can lead to binging/overeating later. So have a healthy snack if you're hungry, but WATCH PORTION SIZE. Or, share a snack with a friend.	❑ **Don't eat when you're not hungry.** If you feel like munching but you're not really hungry, do something else like go for a walk, call a friend, or read a book. If you really want to snack, eat cut-up vegetables or a piece of fruit.
❑ **Eat slowly.** Stretch your meals to at least 20 minutes. It takes 20 minutes for your brain to recognize that you are full.	❑ **Walk and talk!** When you're talking on the phone, walk around, do squats, sit-ups, or run in place.

YOUTH

*Some examples of fiber-rich foods include:

- **Cereals:** raisin and other bran cereals, shredded wheat, frosted mini-wheats, oatmeal, and puffed wheat.
- **Breads and Grains:** corn tortillas, brown rice, graham crackers, brown bread, dark rye bread, multi-grain, whole grain, brown and rye breads.
- **Vegetables:** carrots, broccoli, peas, lettuce, spinach, sweet potatoes (with skin), string beans, corn, jicama, turnips, lima beans, brussel sprouts, swiss chard, kale, collards, winter squash.
- **Fruits:** apples (with skin), berries, raisins, apricots, oranges, figs, blackberries, prunes, pears (with skin), tangerines.
- **Beans, nuts, and seeds:** almonds, cashews, chestnuts, peanuts, filberts, sesame and sunflower seeds, walnuts, yams, lentils, black, garbanzo (chickpeas), kidney, pinto, split, white (such as great northern and navy) and soy beans.

Adapted from: www.weight-loss-information.featherish.com

Myths and Facts of Dieting

MYTHS	FACTS
1. Fad diets work for permanent weight loss.	**Fact:** Fad diets are not the best ways to lose weight and keep it off. These diets often promise quick weight loss, but this often happens by cutting out important nutrients from your diet. **Better Idea:** To safely lose weight, improve your eating habits and increase your physical activity.
2. Skipping meals is a good way to lose weight.	**Fact:** Your body needs a certain amount of calories and nutrients each day. Skipping meals can cause increased snacking or overeating at the next meal. **Better Idea:** Eat 3 small meals and 2-3 small snacks throughout the day that include a variety of nutritious, low fat, and lower calorie foods. Drink 8 glasses of water every day!
3. I can lose weight while I eat anything I want.	**Fact:** It is *possible* to eat any kind of food you want and lose weight, but you still need to limit the amount of foods AND calories you eat on a daily basis. **Better Idea:** Burn up more calories than you take in by being active and exercising.
4. Eating after 8 p.m. causes weight gain.	**Fact:** It doesn't matter what time of day you eat. It is about how much you eat during the whole day and how much exercise you get that makes you gain or lose weight. **Better Idea:** Try not to snack when doing other activities, like while watching television, playing video games, or using the computer.
5. Certain foods, like grapefruit, celery, or cabbage soup, can burn fat and make you lose weight.	**Fact:** No foods can burn fat. **Better Idea:** The best way to lose weight is to cut back on the number of calories you eat and increase your physical activity.
6. Nuts are fattening and you shouldn't eat them if you want to lose weight.	**Fact:** Nuts are high in calories and fat, but they are also low in saturated fat (the fat that can lead to high cholesterol and increased risk of heart disease). **Better Idea:** Nuts are a good source of protein and fiber, and don't have any cholesterol. In small amounts, nuts can be a part of a healthy weight-loss program.
7. Eating red meat is bad for your health and will make it harder to lose weight.	**Fact:** Red meat contains some saturated fat and cholesterol but also has nutrients like protein, iron, and zinc. **Better Idea:** Eat lean meat (meat without visible fat on it) in small amounts.
8. Fresh fruits and vegetables are more nutritious than frozen or canned.	**Fact:** Most fruits and vegetables are naturally low in fat and calories. Frozen and canned fruits and vegetables can be just as nutritious as fresh. **Better Idea:** Eat lots of fruit and veggies but avoid cream sauces or sugary syrups.
9. Fast foods are always unhealthy and shouldn't be eaten when dieting.	**Fact:** It is possible to make healthy choices at fast food restaurants. **Better Idea:** Choose salads and grilled and baked foods. Use small amount of dressings and condiments.
10. High protein, low carbohydrate diets are a healthy way to lose weight.	**Fact:** In such a diet, most calories come from protein foods (like meats, eggs, cheese) and few from carbohydrates (pasta, bread, fruits, vegetables, rice). These diets can lack important nutrients and the fatty foods in this diet, like bacon and cheese, can cause increased blood cholesterol levels. **Better Idea:** Exercise and eat well-balanced and nutritious meals and snacks.
11. Becoming a vegetarian means you are sure to lose weight and be healthier.	**Fact:** Vegetarian diets can be healthy because they are often lower in saturated fat and cholesterol and higher in fiber. Yet, some vegetarians can eat large amounts of bread and pasta, junk food and snacks. **Better Idea:** Work with your healthcare provider to be sure you are getting all of the necessary nutrients throughout the day and don't forget to exercise.
12. Low fat, reduced fat, and lite all mean the same thing.	**Low Fat:** Three grams of fat or less per serving. **Reduced Fat:** At least 25% less fat per serving than the original food. **Lite:** At least 50% less fat per serving than the original food. **Better Idea:** Check out food labels!
13. Dairy products are high in fat and should be avoided.	**Fact:** Dairy products are your main source of calcium, which is needed to help your bones grow. **Better Idea:** Have 2-3 dairy servings a day. Low or nonfat milk, soy milk, cottage cheese, and yogurt are great dairy options which are low in fat and high in calcium.

Checklist for a Healthier Lifestyle

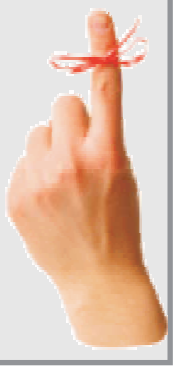
This is a list of suggestions you can use to try to improve your health habits.

Try the following: Choose two or three steps to focus on. Once those steps have become part of your daily life, add another new step.

- ❑ Drink lots (8 glasses a day) of water! Water is the fuel your body needs. Keeping bottles of water around the house and in your backpack makes this easier.
- ❑ Eat breakfast. Skipping breakfast tells your body to store calories as fat instead of burning them up. You definitely do better in school when you eat breakfast. Start your day with whole grain toast, hard-boiled eggs, nonfat or low fat yogurt or cheese, a piece of fruit, or oatmeal.
- ❑ Take your own lunch to school. Make your own lunch the night before. A simple sandwich (with lean deli meat, lettuce, and mustard) with a piece of fruit and/or some veggies and a bottle of water is nutritious and quick to make. Your own lunch can be healthier and better tasting than school lunches.
- ❑ Learn to make your own healthy snacks and meals. Help prepare meals with the person that does most of the cooking in your house This will give you some control over what you eat.
- ❑ Eat dinner with your family at a regular time. Studies show that families who eat together eat healthier. Remember to turn off the TV while at the dinner table. Instead, find out how everyone's day was.
- ❑ Eat more fiber. Eat whole grain bread and bran cereals instead of white bread and sugar cereals. Fiber helps you digest your food and it also makes you feel satisfied.
- ❑ Eat more fruits and vegetables. Have at least 3-5 servings of vegetables and 2-3 servings of fruit each day and eat whole fruit rather than drinking juice.
- ❑ Drink nonfat or 1% milk. Drinking milk builds strong bones (calcium and vitamins). If you are lactose intolerant, you can get just as much calcium by drinking lactose-free milk or soy milk, or taking Lactaid tablets when you eat dairy.
- ❑ Cut down on soda, juice drinks, sports drinks, chips, and candy. These are empty calories with no nutritional value. Did you know that a 20-oz. soda has almost 20 teaspoons of sugar? Too much soda can make your bones thinner and more breakable, and can cause dental cavities.
- ❑ Reduce fast food. If you want fast food, make it a special treat and don't "super size". Once you cut down on fast food, you'll find that you won't really miss it.
- ❑ Pick a new physical activity. It is important that you pick an activity that you enjoy. For example, join a sports team or league, go fast walking in a group every day, or rent and workout with an exercise video/DVD from the public library. Stick with it for 4-6 weeks because this is how long it takes to form a new habit. ***Remember: Exercise is as important as what you eat***.
- ❑ Cut back on TV/video game/computer time. Try to watch or play less than 1-2 hours of TV/computer/video games a day—even during holidays, weekends, and summer vacations. Get rid of your remote controls. *Every little bit helps!*
- ❑ Do fun things with your friends other than eating. Eating is a fun social activity but do other activities with your friends besides eating. Try walking to and from places together.
- ❑ Go food shopping. Once you learn how to make healthy food choices, go to the store and pick out nutritious foods. But remember: It is a bad idea to go food shopping when you are hungry. You'll be tempted to buy junk food.
- ❑ Notice what causes you to over or under eat or eat a lot of junk food. Try different ways of dealing with those situations such as calling a friend, talking to a trusted adult, exercising, listening to music, slow deep breathing, and taking a walk or running in place.
- ❑ Brush and floss your teeth. It's important to take good care of your teeth and gums. Try to brush at least two times a day and floss at least once a day.
- ❑ Make a list of 3-4 important food or activity reminders and put them up where you're most likely to see them, like the refrigerator, bathroom, or near your bed.

THINGS TO REMEMBER

- ▶ The goal is to be more active, have fun, feel good about yourself, and to eat well.
- ▶ Get friends and family to help. It definitely works better when you partner with someone else to make changes in the way you eat or exercise.
- ▶ **You are NOT on a diet!** A "diet" usually means only a short-term change and generally isn't something that is healthy.
- ▶ Limiting foods just doesn't work and causes you to crave "forbidden" food more often. The goal is to maintain healthy eating and exercise habits as a regular part of life. Avoid over and under eating and find a place somewhere in between.
- ▶ **Last BUT NOT least:** Avoid short-term goals because nothing changes overnight. There will be times when it will be rough to stick to the changes you've decided to make. This is okay. Lifestyle change is very difficult for everyone, so try to remain positive and congratulate yourself for the changes you make. ***Hang in there and take one day at a time!***[13]



[13] Adapted from Daniel Delgado, County of Santa Clara

Building Your Plate for a Better Meal

DAIRY & MILK ALTERNATIVES

Nonfat and lowfat
Milk, yogurt and cottage cheese
Soy milk

WHOLE GRAINS

Whole grain bread
Whole wheat pasta
Brown rice
High-fiber cereal
Whole wheat tortillas
Whole wheat soba noodles
Rice wheat buns

PROTEINS

Fish
Tofu
Eggs
Seeds
Lean meat
Poultry
Beans
Nuts

Vegetables and Salads — Lettuce, collard greens, bok choy, watercress, coriander, bamboo shoots, baby corn, kale, mustard greens, Mexican cactus, yams, chilies, squash, jicama, sweet potatoes, carrots, green peppers, broccoli, cauliflower, eggplant, zucchini, green beans, mushroom, spinach, corn, and potatoes (reduce or avoid french fries)

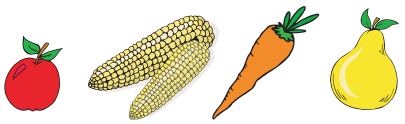
Fruits — Apple, banana, strawberry, orange, kiwi, mango, grape, pineapple, watermelon, peach, pear, guava, cherimoya

FRUITS & VEGETABLES

Essential fats
Use olive or canola oil for cooking and dressing on salad

Adapted from the UCSF Watch Clinic. Garber, A., Drohr, D. (2003)

* Available in Spanish, Chinese and Vietnamese at www.ahwg.net



What Is a Single Serving?

Your body needs different servings (or helpings) of food groups. This chart outlines what a single serving looks like in each group.

FOOD	SINGLE SERVING	LOOKS LIKE	SERVINGS PER DAY
VEGETABLES			
Chopped	1/2 cup	1/2 baseball or size of an ice cream scoop	3-5
Raw Leafy Vegetables (such as lettuce)	1 cup	1 baseball/tennis ball or average adult fist	
Vegetable Juice	1/2 to 3/4 cup		
FRUIT			
Whole/pieces	1 medium fresh piece or 1/2 cup chopped, canned, or frozen	1 tennis ball	2-4
Juice	½ cup	1 scoop ice cream	
Dried	1/4 cup	1 golf ball	
GRAINS			
Pasta, Rice, Bread, Hot Cereal (such as oatmeal)	1/2 cup of cooked cereal, rice or pasta	1/2 baseball	6-11
	1 medium potato	Computer mouse	
	1 slice of bread	Hockey puck	
	2 handfuls of baked chips or pretzels		
Cold Cereal	1 oz., which varies from 1/4 cup to 1¼ cup (check label)	*(Note: Most bagels sold in stores are equal to about 5 slices of bread—equals 4-6 servings!!)*	
MEAT/PROTEIN			
Meat, Chicken or Fish	3 oz. (boneless, cooked weight from 4 oz. raw)	Deck of cards or a checkbook	2-3 (for a total of 6-7 ounces)
Tofu	3 oz.	Deck of cards	
Beans (kidney, white, split, blackeye)	1/2 cup cooked (about 5 tablespoons)*	1/2 baseball or small handful	
Nuts and Seeds	2 tablespoons peanut butter* or 1/3 cup nuts	A golf ball	
Eggs	1 egg*	*(Limit egg yolks to 4 a week)*	
DAIRY *(Choose nonfat or lowfat)*			
Milk	1 cup (8 oz. glass)	1 small yogurt container	2-3
Cheese	1½ ounces	1 oz. looks like four dice put together	
Yogurt	1 cup	2 scoops of ice cream	

* equals 1 ounce meat

Adapted from:
1) Severson, Kim. The Obesity Crisis, Perils of portion distortion: Why Americans don't know when enough is enough. San Francisco Chronicle. 3.7.04.
2) Recommendations per Dietary Guidelines for Americans, 2000. U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, The Food Guide Pyramid, Home and Garden Bulletin Number 252, 1996.

* Available in Spanish, Chinese and Vietnamese at www.ahwg.net

HEALTHY EATING & SNACKING TIPS

✔ Check out the **FOOD LABEL** so you know what you are eating!

How many servings are you eating?

How many calories are you eating?

Get *ENOUGH* vitamins and minerals!
*5% or less is low
*20% or more is high for 1 serving

Nutrition Facts

Serving Size: 1/4 Recipe (188g)
Servings Per Recipe: 4

Amount Per Serving		
Calories 199	**Cal. from Fat** 45	
		% Daily Value*
Total Fat 5g		**8%**
Saturated Fat 1g		**4%**
Cholesterol 0mg		**0%**
Sodium 245mg		**10%**
Total Carbohydrate 31g		**10%**
Dietary Fiber 8g		**35%**
Sugars 0g		
Protein 10g		

Vitamin A	75%	Vitamin C	40%
Calcium	10%	Iron	20%

*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Get *LESS* saturated fat!
*5% or less is low
*20% or more is high for 1 serving

Use the % daily value (DV) to select foods high in fiber, vitamins and minerals (calcium and iron) and low in fats, cholesterol and sodium.

✔ Before you snack or eat, think about if you're *really* hungry. ***If you're not, hold off!***
✔ Take your time when you eat. Wait 15-20 minutes before eating second helpings. It takes about 15-20 minutes for your stomach to tell your brain that you are full.
✔ Switch to whole grain bread, cereal, pasta, and rice instead of white bread, white rice, and sugar cereal.
✔ Cut back on soda, sports drinks, and juice. Instead try water (eight glasses a day), flavored water, natural tea, lowfat/nonfat milk, and diet soda (if you must have soda!).
✔ Fill up half of your plate with salad or vegetables.
✔ Try fruit for snacks and dessert instead of candy and cookies. If you are going to have sugary foods, sweets, desserts, or candy, eat only a small serving at the end of the meal or share a portion with someone else.

WHAT ABOUT FAST-FOOD RESTAURANTS?

Fast foods can be okay, but watch out for portion sizes, how they're made (baked, grilled, fried, etc.) and toppings.

WHAT ABOUT SNACKS?

There are a lot of healthy snacks, just remember to pay attention to serving sizes!

- A handful of pretzels
- A handful of dried fruit
- Frozen 100% juice bars
- Microwave low fat popcorn
- Rice cakes
- Cup of soup
- Nuts/trail mix
- Half a sandwich
- Cut up vegetables - plain or with low fat dressing
- Low sugar cereal (plain or with low/nonfat milk)
- Fruit (fresh, frozen, or canned in juice/light syrup)
- Low fat or nonfat yogurt or cottage cheese

*Can you believe the difference in the calories?**

Instead of ...	Calories	Go for ...	Calories
Big Mac	590	A regular hamburger	310
Whopper	760		
Quarterpounder	530		
Large fries	520	Small fries (or share a large size with a friend!)	220
Large shakes (32 oz.)	1120	Small shakes (12 oz.)	430
Large sodas (32 oz.)	310	Small sodas (12 oz.)	110
Fried/fillet chicken sandwich or nuggets	510	Grilled chicken sandwich	400
Hamburger with secret sauce, cheese, and mayo	530	Hamburger with lettuce, tomato, ketchup, and mustard	400
One slice of deep dish pizza with pepperoni	275	One slice of thin crust pizza with veggies	142
Small french fries	220	Side salad with light dressing	70

* Calories measure the amount of energy your body gets from food. You need energy to be physically active and for your body to grow and function. The current daily recommended teen calorie levels are: 2500 for males 11-14 years, 3000 for males 15-18, and 2200 for females 11-18.

Exercise Pyramid

Exercise keeps your body and mind healthy and strong. It can also help you feel better, relax, and sleep well. There are many different ways to be active — you don't have to play a sport or go to the gym to be physically active.

Check out the pyramid for ideas!

HAVE FUN!
Aim for 30-60 minutes a day!

Cut Down On Sedentary (Couch Potato) Activities:

Watching/playing TV, videos/DVDs, computer games, surving the net, sitting for more than 30 minutes at a time

2-3 Times a Week (at least):

Strength and Flexibility
Pull-ups/push-ups/sit-ups, yoga, ballet/dance, karate, tae bo, pilates, weight lifting

3-5 Times a Week (at least):

Aerobic
(at least 20 minutes)
Biking, swimming, jump rope, skating, jogging, hiking, aerobics, exercise videos

Recreation Activities
(at least 20 minutes)
Basketball, soccer, skiing, volleyball, capoeira, skating, dancing, tennis

Every Day (as much as possible):

Take the stairs instead of the elevator, ride your bike or walk to school/the store/a friend's house

Throw a frisbee, walk your or your neighbor's dog, play basketball/softball, help clean up and/or garden at home or in your community

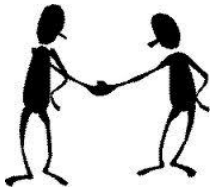
Ways to Increase Your Physical Activity

- ***Add an activity***. Find a new activity that you enjoy.
- ***Replace inactive time with active time***. For example, take a walk instead of watching TV.
- ***Do more of what you are already doing.*** For example, walk for 30 minutes instead of 20.
- ***Work a little harder.*** Turn your walks into power walks or jogs. Walk up and down the stairs instead of riding the elevators and escalators.

Exercising with Asthma

- Talk to your medical provider to figure out what exercises and medications are best for you.
- Always have your inhaler nearby when you are exercising.
- Do not begin exercising when you have asthma symptoms. Always stop if you feel bothered by your asthma.
- Use extra caution when you have a cough, cold, or allergy symptoms.
- Take extra time to warm up and cool down.
- Cover your mouth and nose with a scarf when exercising in cold weather. Breathing cold air can make asthma worse.
- Exercise for short amounts of time and more often. Non-stop activities are more likely to affect asthma.
- Take a warm bath or shower after exercising. This may help post-exercise attacks.

Daily Activity Diary - BACE

Activity	Morning AM 	Afternoon PM 	Evening EVE 
Body care Exercise Healthy eating Treat illness Rest & sleep 			
Achievement Work Chores Study 			
Connect with others Friends Family Community 			
Enjoyment Play Fun Pleasure 			

Obesity: Nutrition and Exercise

Obesity is a societal problem

Weight matters

Many young people today are living large. Obesity rates have doubled since 1980 among children and have tripled for adolescents. In the past 20 years, the proportion of adolescents aged 12 to 19 who are obese increased from 5 percent to 18 percent. Obesity is defined as a body mass index (BMI) that is equal to or greater than the 95th percentile for age and gender on growth charts developed by the Centers for Disease Control and Prevention (CDC).

A predisposition to obesity can be inherited. However, genetic factors do not explain the dramatic increase in obesity over the last 30 years. Human beings, like animals, are hardwired to eat not simply to sustain life, but to eat high-calorie foods in anticipation of an unpredictable food supply. Our surroundings make it possible to eat fatty foods on a regular basis, but difficult to burn off all those calories through activity. High-fat food is cheap and tasty, and teens' primary activities—school and media consumption—are sedentary.

Thus, obesity is a social problem rather than a personal flaw or a failure of willpower. Teens, especially, are impacted by their surroundings, and several studies at the University of Illinois-Chicago and the University of Michigan confirm that our modern environment is designed to make adolescents fat.

There are some environmental factors that contribute to teen obesity.

- Schools sell more high-fat, high-calorie foods and sugary drinks than nutritious, lower-calorie choices.
- Low-income communities offer limited access to healthy food. In some neighborhoods, convenience stores are the only places to buy food.
- Adolescents live sedentary lives. Teens spend the school day mostly sitting, and then go on to spend an average of three more hours parked in front of a TV or computer screen.
- School physical education programs have been slashed. In 1991, 42 percent of high school students participated in daily phys. ed. classes. By 2007, that number was 25 percent or lower.
- Airwaves are saturated with food-product ads. Teenagers see, on average, 17 ads a day for candy and snack foods, or more than 6,000 ads a year.
- Big portions provide far more calories than young people can burn up. Fast-food burgers can top

THE PERILS OF POUNDS

Being overweight or obese is more than a matter of appearance. Excess pounds contribute significantly to health problems and can lead to Type 2 (adult-onset) diabetes, high blood pressure, stroke, heart conditions, cancer, gallstones and gall bladder disease, bone and joint problems, sleep apnea, and breathing difficulties. An adolescent who is obese (with a body mass index above the 95th percentile) has a 60 percent chance of developing one of these conditions.

In addition, studies have found that overweight youth are at greater risk for emotional distress than their non-overweight peers. Overweight teenagers have fewer friends, are more likely to be socially isolated, and suffer higher rates of depression than young people of normal weight. Being overweight also affects self-esteem. According to one study, obese girls aged 13 to 14 are four times more likely to suffer from low self-esteem than non-obese girls. Low self-esteem in adolescents is associated with higher rates of loneliness, sadness, and nervousness.

become the norm; and some popular restaurant chains offer entrees that weigh in at 1,600 calories. The average adolescent needs only 2,300 to 2,500 calories a day.

Because the causes of excess weight are so complex, dietary changes are just one aspect of treating obesity. Adolescent weight problems can be related to poor eating habits, overeating or binging, physical inactivity, family history of obesity, stressful life events or changes (divorce, moves, deaths, and abuse), problems with family and friends, low self-esteem, depression, and other mental health conditions.

Teens are consuming more calories, but getting less nourishment

Adequate nutrition during adolescence is particularly important because of the rapid growth teenagers experience: they gain 50 percent of their adult weight and 50 percent of their bone mass during this decade of life.

Dietary choices and habits established during adolescence greatly influence future health. Yet many studies report that teens consume few fruits and vegetables and are not receiving the calcium, iron, vitamins, or minerals necessary for healthy development. Low-income youth are more susceptible to nutritional deficiencies, and since their diets tend to be made up of high-calorie and high-fat foods, they are also at greater risk for overweight or obesity.

Teasing about weight is toxic

Weight is one of the last sanctioned targets of prejudice left in society. Being overweight or obese subjects a teen to teasing and stigmatization by peers and adults. It can happen at home, at school, on the street—anywhere, even on TV. Ads and programming usually portray the overweight as the target of jokes, perpetual losers, and not as smart or successful as their thinner counterparts.

Teasing by family members, including parents, is surprisingly common, perhaps because family members mistakenly believe they are being helpful when they draw attention to someone's size or harass them about what they are eating. When they label their overweight adolescents with such epithets as "greedy," "lazy," or "little piggies," parents and siblings become an integral part of the problem.

A 2003 study of nearly 5,000 teenagers in the Minneapolis area found that 29 percent of girls and 16 percent of boys were teased by family members and one-third of the girls and

WAYS YOU CAN MAKE A DIFFERENCE

- **REALIZE** that "kid-friendly" meals such as chicken nuggets, fries, and pizza with meat toppings are not the healthiest choices.
- **ADVOCATE** for recreation and com-munity centers and safe parks and trails so that youths can read-ily participate in physical activities and sports programs.
- **DISCOURAGE** late-night eating or the habit of consuming most of the day's calories in the evening.
- **RALLY** for the building of super-markets and for greater access to fresh foods in urban neighborhoods.
- **PUSH** for direct access from bus and subway routes to farmers' markets.
- **SUPPORT** schoolwide efforts to promote physical activity and to limit offerings of junk foods and sugary beverages in the cafeteria and vending machines.
- **JOIN** forces with adolescents on an advocacy project insisting that food companies live up to their promises to stop marketing un-healthy foods to youth.
- **ACKNOWLEDGE** disparate views of the body and food based on gender, such as approval of larger size among boys.
- **EXAMINE** whether entrenched be-liefs within your family, e.g., that it is important to finish everything on your plate, might be contribut-ing to overeating.

one-fourth of the boys had been teased by their peers about their weight.

Weight-based taunting is not harmless. Adolescents in the study saw the teasing as having a greater negative impact on their self-image than did their actual body size.

Teasing should be taken seriously and never tolerated at home, in school, or in the community. Policies have helped to establish norms making ethnic slurs unacceptable. Perhaps similar policies can be formed to send a clear message that bullying people about body shape is not sanctioned in the schools or the community.

What can be done?

Young people can conquer weight problems and get adequate nutrition with a combination of a healthful diet, regular physical activity, counseling, and support from adults and peers. For severely obese teens, medication or bariatric surgery is sometimes prescribed to supplement weight management efforts.

While proper diet and exercise improve physical health, parents and caregivers can also enhance mental health by emphasizing the overweight teen's strengths and positive qualities. After all, the measure of a young person's worth is far more than the numbers on the scale.

Some heavier adolescents will lose excess weight through positive lifestyle changes and through the normal growth spurts of puberty that make their bodies taller and leaner. In other cases, obesity becomes a lifelong struggle.

Eating healthy foods in right-sized portions and exercising are lifelong habits, not temporary fixes. During growth spurts, adolescents do need a lot of calories, and the classic portrait of a teenager as a bottomless pit—someone who can consume volumes of food and burn it all off—seems to hold true. These increased calories should come from healthy foods because teens need more nutrition as well as more calories. Learning to pay attention to cues of fullness from the body, as opposed to eating mindlessly, will help teens avoid a habit of overeating in later years when their metabolism inevitably slows down.

Adults can help control what happens in the home, schools, and neighborhood when it comes to eating and exercise. One of the best ways adults can influence young people is by changing their own eating and exercise habits. Adults can help young people establish healthy habits by

- Not skipping breakfast.
- Eating fruits, vegetables, lean protein, and whole grains.
- Cooking dinner at home using fresh, whole foods.
- Not buying or drinking beverages with added sugars.
- Building exercise and physical activity into one's own daily routines and encouraging one's children to join them.
- Not inappropriately encouraging youth to lose weight.

Weight gain accompanies puberty: teens grow in height, boys develop muscle mass; girls develop breasts and hips; and both boys and girls can put on body fat before a growth spurt. Adults should understand normal physical development (see the Physical Development chapter) to avoid putting undue pressure on an adolescent to be a certain size or weight.

> **"I think there's a lot of pressure out there to look perfect, but what's perfect?"**
>
> *Girl, 16*