

Dieting

When you look in the mirror, do you like what you see?

Few people have a body they are entirely happy with. There is always something they wish they could change. You may have considered going on a diet to change your body shape. There are better ways to get the body you want. During adolescence, you are growing taller and developing sexually. These processes require good nutrition.



If you want to give your eating habits a face lift, try to cut down on soda pop and drink more low-fat milk and water. Eat more fruits and vegetables. Not only will they fill you up faster than chips or candy, but they are also lower in calories and fat.

Get some physical activity every day, whether you are part of a sports team or club or do it on your own. This will help tone your muscles and keep your body healthy and lean.

Don't Forget Your Minerals

Because you are in a growth spurt, it is important to get enough calcium for bone growth. You can only build bones until the age of 30, so it's important to get them as strong as possible. Try eating low-fat dairy products like milk, yogurt, and cheese or green leafy vegetables.



It is also important for you to get enough iron. Females have a harder time keeping iron levels high because of menstruation. Having enough iron in your diet can help you have more energy and tire less easily. Meats are the best source of iron, but you can also get iron by eating nuts, leafy green vegetables, dry beans and peas, or iron-fortified breads and cereals. Try combining food high in iron with foods that have vitamin C like citrus fruits, tomatoes, potatoes, and broccoli.

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What Do I Eat?



Nutrition Advice for Teen Girls



Calories

How many do you need? Your body needs anywhere from 2000-3000 calories every day. The amount depends on how active you are. If you work out a lot, you need more calories to function.

Make all of your calories count. Try not to eat or drink foods that are high in calories, but still leave you hungry. Extra calories, even if they are fat free calories, can make you gain weight.

It's easy to drink a lot of calories and not realize it by consuming beverages like soda pop, specialty coffees, juice, and sports drinks. If you are watching your weight, make smarter choices like water, milk, or diet soda pop.

Fat

Eating fat does not necessarily make you fat. It is important to have some fat in your diet so you can absorb certain vitamins and have energy. Because you are a girl, you will have more fat on your body than a boy. You need this fat for maturing and growing normally. Your body will be gearing up for a growth spurt and may store some fat, but will even itself out after a few months. Just keep eating well and exercising so that you feel healthy.



Fruits and Veggies

Your Mom always told you to eat your vegetables. In fact, she may still be telling you to eat them. This might be one of those times you'll actually want to pay attention. Most vegetables are very low in calories and fat. That makes them a great option for snacking.



Some people like fruit better than vegetables. Fruits are easy to grab when you are on the go. Fruit also makes a great snack in between classes or before you workout.

Protein

Whether you are a vegetarian or meat eater, protein is important for growth. If you want to reach your maximum height without killing your feet in heels, be sure to eat plenty of protein. Choose lean cuts of beef, chicken, pork, and fish. Beans, legumes, vegetables, nuts, seeds, and bread products also contain protein. Dairy products are a great source of protein as well.

Carbohydrates

With all the talk about low carb diets, it's hard to know what to do. Carbohydrates are found in a lot of foods like bread, cereal, pasta, fruit, juice, pop, and milk. Totally eliminating them from your diet can cause you to stunt your growth and you'll be left with less energy because your body prefers to run on carbohydrates.

Making smart carbohydrate choices will improve your diet and give you all the energy you need for your daily activities.



Choose whole grain breads and cereals. They will fill you up more than processed foods like white bread, chips, and cookies. Low-fat and non-fat milk, yogurt, and cheese are also good choices.