

## Teens

- During the teen years, calorie needs are at an all-time high, especially for boys. Rapid growth spurts, intense sports workouts, and staying up later at night leave teens ravenous.
- Unplanned, random snacking can lead to problems, especially with weight.
- Nonstop snacking interferes with kids' appetites and can disrupt their natural instinct to experience hunger and fullness.
- Healthy snacks can actually help kids achieve a healthy weight when they are timed correctly.
- Most teens need to eat every three to four hours throughout the day.
- Teens might still need a snack or two during the day, but what they eat may seem out of your control. Your teen might have activities, sports, a job, social commitments, money to spend, and car keys, so there is not way to control what your teen eats. But, you can encourage healthy snacking by keeping nutritious foods at home that your teen can take along.
- Healthy snacks for teens include:
  - veggie sticks with low-fat ranch dip or hummus
  - low-fat granola bars
  - fresh or dried fruit
  - trail mix
  - air-popped popcorn (not microwave)
  - hard-boiled eggs



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