

Choosing Foods to Keep You Healthy

Gluten Intolerance Group of North America
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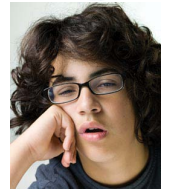


What is Healthy?



- Basic 5 of Health (PFCBH)
 - **Protein** at every meal and snack
 - **Fruits & Vegetables** for nutrients
 - Reduce refined **carbohydrates**
 - Always eat **breakfast**
 - Stay **hydrated**

Please **F**eed **C**hoosy, **B**usy Teens **H**ealthfully



Before



After



Protein



➤ Top Sources

- Meats (beef, pork, lamb, etc.)
- Poultry (chicken, turkey, etc.)
- Seafood (fish, shellfish, crustaceans, etc.)
- Eggs
- Soy (tofu, tempeh, soynuts, soy milk, edamame, etc.)



Protein



➤ Second Tier

- Dairy (cheese, yogurt, milk, etc.)
- Nuts & Seeds (almonds, peanuts, nut butters, etc.)
- Legumes (beans, lentils, peas, etc.)
- Some GF grains (quinoa, teff, GF oats, etc.)



Fruits and Vegetables

- Colorful (blueberries, watermelon, squash)
- Unique (kale chips – yum)
- Texture (crunchy, smooth, watery, dense, etc.)



Reduce Refined Carbohydrates

- Sugar
- Flour (flour is sugar that is not sweet, especially GF flours)
- Candy
- Sodas
- Starchy foods (white rice, potatoes, chips, pastries, pasta)



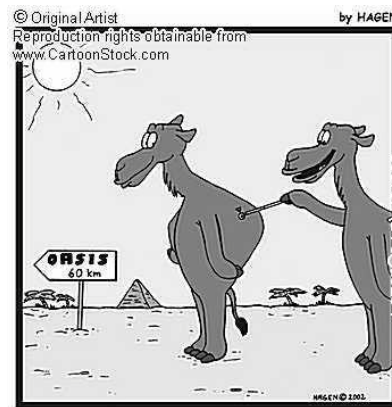
Always Eat Breakfast

- Energy for day – staying awake, energy for after school
- Protein extremely important
- Be creative
- Example:
 - 2 eggs
 - 2 pieces of fruit
 - ½ bowl oatmeal with milk or almond milk



Stay Hydrated

- Water is best throughout day (64 oz/day)
- Juices are mostly sugar, so dilute by ½
- Avoid sodas (including diet)
- No need for specialty beverages like Gatorade
 - Make your own hydration drink for activity with ½ water and ½ juice
- Herbal teas



That's alright Kenny, your dipstick says you've still got half a tank left...

Applying Your Knowledge

- Four scenarios
 - Socializing at Home
 - Snacks – at home and portable
 - Fueling for Activity
 - Eating Out and at Others' Homes



Socializing at Home



- Typical foods served?
 - Pizza, cheese and crackers, chips, sodas
- Alternatives to make these healthy
 - GF Pizza with as many veggies as possible
 - GF Nachos with loads of veggies
 - Cheese and GF crackers and apple/pear slices
 - Hummus dip with carrots and celery
 - Kale chips
 - Bubbly mineral water with 1-2 oz. pomegranate juice for flavor and nutrients

Snacks – at Home and Portable

- Homemade trail mix
- Hummus with carrots, celery, jicama or GF crackers
- Spiced nuts
- Burrito to go – with beans/chicken, guac, veggies and rice
- Smoothies in a glass or stainless steel container
- Rice cakes or GF wraps with almond or peanut butter

Recipes in handout



Fueling for Activity

- Homemade GF energy bars
- Nuts and fruit
- GF wraps with turkey, lettuce and tomato
- Hummus or black bean dip with carrots, celery
- Cheese with apples or pears or GF crackers
- Diluted juice (½ juice, ½ water)



Eating Out & at Others'

➤ Eating out

- Eat before you go, so you're not starving
- Choose simple foods: grilled meat, fish, poultry with sides of vegetables like broccoli and potato, salad with olive oil & vinegar or lemon

➤ Eating at others' homes

- Bring food GF casserole (frozen for just such an occasion)
- Call ahead/drop off



Review

➤ Cornerstones of Health - PFCBH

- **P** – **Protein** with every meal and snack
- **F** – **Fruits and vegetables** for nutrients
- **C** – Reduce refined **carbohydrates**
- **B** – Always eat **breakfast**
- **H** – Stay **hydrated**

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Busy teens **H**ealthfully



GF Cookbooks

