

Healthy Food Choices for Growing Youth



Fuel your body's growth with plenty of
PROTEIN
and smart eating habits.



Eat 3 proper meals every day - don't skip!

WATER

is the best drink! Skip the sugary sodas and energy drinks - go for 6-8 glasses of water daily



SUGAR

Keep it under 6 teaspoons a day (from food + drinks combined)

LIMIT THESE TO
STAY HEALTHIER IN
THE LONG RUN

SALT

No more than 1
teaspoon of added salt
daily

BMI



Check your BMI
(height + weight) every
3 months to track your
growth

OIL

Avoid deep-fried food,
especially if the oil has
been repeatedly used

