

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Nutrition for Adolescent Boys

Healthy Eating Tips

- Aim for at least half of your grains to be whole grains.
 - Examples of whole grains include oatmeal, brown rice, whole wheat flour, bulgur, and cornmeal.
 - Check food labels to make sure your choices are really whole grains. Look for whole wheat flour (or another whole grain flour) as the first ingredient in breads, crackers, and cereals.
- Choose lean meats, poultry, fish, soy foods, low-fat dairy foods, dried beans and peas, and nuts for protein.
 - If you are a vegetarian, focus on beans, nuts, and other meat alternatives such as tofu or other soy foods.
- Choose a variety of fruits.
 - Fresh, frozen, dried, and canned fruits (in light syrup or their own juice) are all good choices.
 - If you drink juice, choose 100% fruit juice and limit yourself to 1 cup or less per day.
- Eat a variety of vegetables.
 - Include vegetables of many different colors, including orange, yellow, red, and dark green.
 - Fresh, frozen, and canned vegetables are all good options.
- Choose low-fat or fat-free milk and dairy foods more often, and limit whole milk, cream, and full-fat dairy foods.



For more information, visit the MyPyramid site (www.MyPyramid.gov).

Notes:

Sample 1-Day Menu

Breakfast	2 slices 100% whole grain toast 2 tablespoons peanut butter 1 banana 8 ounces fat-free milk
Lunch	Turkey sandwich: 2 slices whole grain bread, 3 ounces turkey, 1 lettuce leaf, 2 slices tomato, 2 slices cucumber, 1 tablespoon low-fat mayonnaise 8 ounces low-fat yogurt ½ cup blueberries 1 ounce potato chips 1 peanut butter granola bar 8 ounces fat-free milk
Snack	1½ cups wheat thins 1 cup carrot sticks 2 tablespoons low-fat ranch dressing
Dinner	1 cup spaghetti 3 ounces chicken ¾ cup broccoli ½ cup tomato sauce 2 garlic breadsticks 10 ounces fat-free milk
Snack	Apple

2,823 kcal; 17% of calories from protein; 53% of calories from carbohydrate; 30% of calories from fat.

Notes: