

Client Name _____ Date _____

RD/DTR _____

Email _____ Phone _____

Nutrition for Adolescent Girls

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	1 cup frosted shredded wheat ½ cup fat-free milk 1 cup strawberries Water
Lunch	Chicken salad wrap: 1 whole wheat tortilla, ½ cup chicken salad made with celery and low-fat mayonnaise, 2 slices tomato, 1 lettuce leaf 1 cup green pepper strips 1 tablespoon hummus 1 ounce baked chips 2 chocolate chip cookies 8 ounces fat-free milk
Snack	1 apple 6 ounces fruit-flavored, low-fat yogurt
Evening Meal	2 slices pizza with sausage, onion, and green pepper 2 cups mixed greens salad with carrots, cucumbers, and peppers 2 tablespoons low-fat dressing 8 ounces fat-free milk
Snack	6 squares graham crackers 1 tablespoon peanut butter 8 ounces fat-free milk

2,242 kcal; 16% of kcal from protein; 59% kcal from carbohydrate; 25% kcal from fat.

Notes: