

Eating well for teenage girls



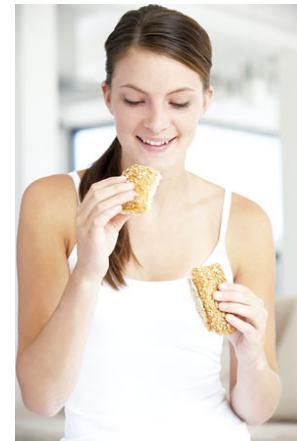
Topics covered

- Food and nutrition guidelines for healthy teens
- Important nutrients for teen girls
- Body size and body image
- Importance of breakfast
- Snacks
- Fluids



NZ Food and Nutrition Guidelines for Healthy Children and Young People

1. Eat a variety of foods from each of the 4 major foods groups each day
2. Eat enough for activity, growth and to maintain a healthy body size
3. Prepare foods or choose pre-pared foods, snacks and drinks that are low in fat, sugar and salt
4. Drink plenty of fluid each day
5. Alcohol is not recommended
6. Eat meals with family or whanau
7. Purchase, prepare, cook and store food in ways to ensure food safety
8. Be physically active



Choose a variety of foods every day

Enjoy the recommended number of serves from each food group

**Bread, cereals, rice,
pasta, noodles**
(preferably wholegrain)
At least 6 serves*



**Milk, yoghurt,
cheese**
(preferably reduced fat)
2 - 3 serves*

**Lean meat,
fish, poultry,
eggs, nuts,
legumes**
1 - 2 serves*



**Vegetables
& fruit**
**At least 3 serves
vegetables &
2 serves fruit***

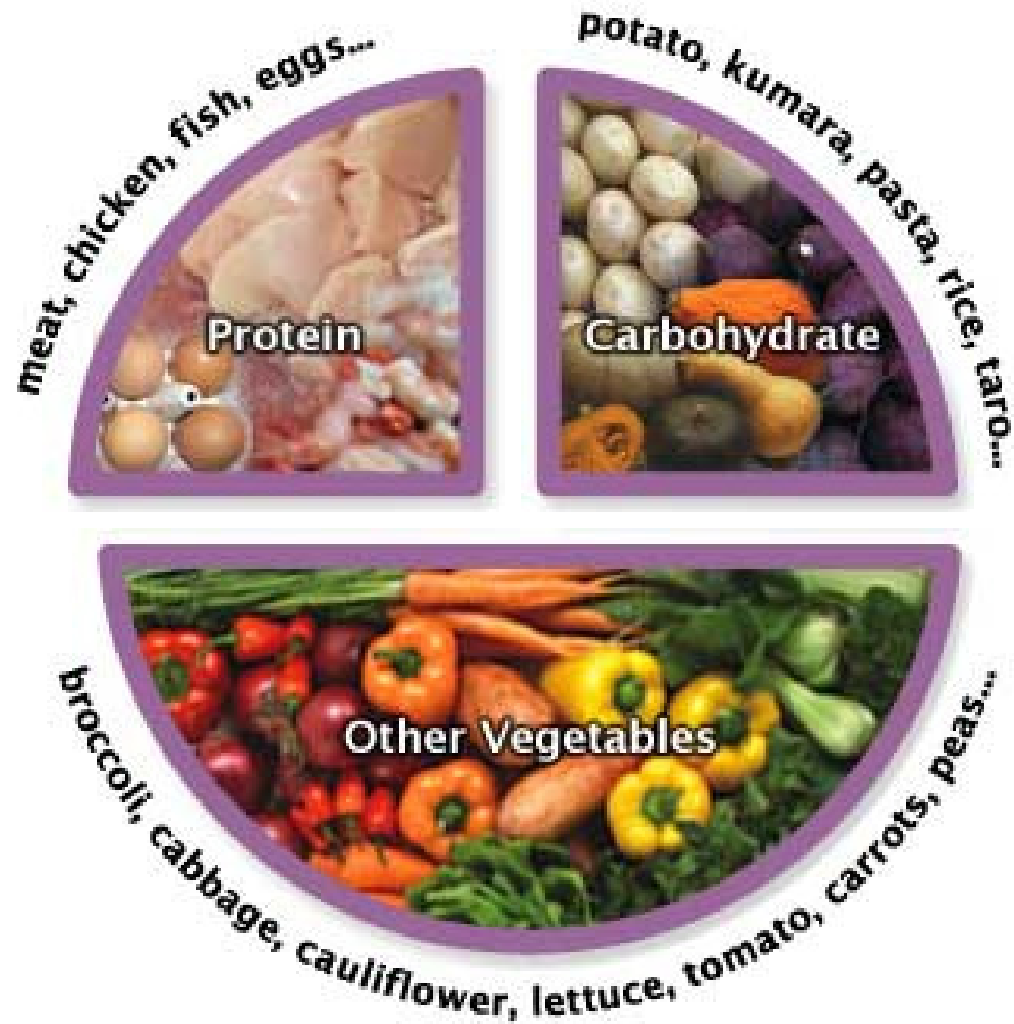
**Choose these occasionally
& in small amounts**

**Drink plenty
of fluids**
Water is the best choice



*Recommended number of serves based on Ministry of Health, Food and Nutrition Guidelines

Balance your plate



Important nutrients!

- Calcium
 - Approx. $\frac{1}{3}$ NZ teens have inadequate intakes
- Iron
 - Prevalence of iron deficiency anaemia is relatively low but teen girls are at greatest risk
- Iodine
 - More than $\frac{1}{4}$ NZ teens are moderately iron deficient
- Sodium
 - Current intakes far exceed recommendations



Most of the sodium we eat today is hidden!



Some breakfast cereals contain the about the same amount of sodium as a small packet of potato chips.

Important nutrients!

- Vitamin D
 - 1/3 NZ teens have sub-optimal vitamin D status
- Dietary Fibre
 - Median dietary fibre intakes are below recommended intakes, especially for teen girls
- Fats
 - Total fat intakes are within recommended levels but too much fat from animal sources and therefore saturated fat intakes are high



How much calcium do teenage girls need?

Teenage girls need just as much calcium as teenage boys - **1300 mg** - which is about 4 glasses of milk per day!



Recommended calcium intake can be achieved by eating a varied diet and including at least 3 servings of milk & milk products a day

Which milk is best for teenage girls?



“But, I don’t like drinking milk!”

- Have other milk products
 - Yoghurt, cheese, ice cream
- Hot milky drink
- Flavoured milk or flavour your own
- Fruit smoothie
- Milk pudding - custard, rice pudding
- Pancakes for breakfast
- Use calcium-enriched milk



I don't consume any milk or milk products!

- Soy or rice milk fortified with calcium
- Fish - tinned sardines and salmon with bones
- Mussels
- Tofu set with calcium
- Almonds, brazil nuts
- Green veges - broccoli, silverbeet, spinach



Absorbable calcium!



8 cups spinach

=



1 glass milk

Absorbable calcium!



2 cups broccoli

=



1 glass milk

Fats - which are the “good” ones?

Polyunsaturated fat

Trans fats

Cholesterol

**Omega 3 and
Omega 6 fats**

Saturated fat

Monounsaturated fat

Total Fat

Saturated Fats

↑ Total and LDL Cholesterol

Unsaturated Fats

↓ Total and LDL Cholesterol

Mono-unsaturated Fats

↓ Total and LDL Cholesterol

Poly-unsaturated Fats

↓ Total and LDL Cholesterol

- Omega 3

- Omega 6



Saturated Fats

Solid at room temperature





25% fat



30% fat



25% fat



45% fat

Not all meats are equal!

The more white you see the fattier the meat and a high proportion ($\frac{1}{3} - \frac{1}{4}$) of it is saturated.



2% fat



5% fat



5-6% fat

Serving sizes of meat

- Generally the size of the palm is a good guide
- Thickness of the meat is less than 1 inch thick
- 100 – 150g prior to cooking



Monounsaturated Fats



Canola oil, olive and avocado oils

Polyunsaturated Fats



Soybean, sunflower and safflower oils

Omega 3 and 6 Fats



Body size and body image

- In young people aged 15-24 years:
 - 14.2% are obese
 - 24% are overweight
 - 3.2% are underweight

(Ministry of Health 2008)

- In the Youth '07 study > 60% were in the normal BMI range yet:
 - 71% were worried about gaining weight
 - 66% female students had tried to lose weight in the last year

(Adolescent Health Research Group 2008)

Encourage eating well for best performance in school and sport not for weight control

Breakfast is important!

- Associated with a range of positive outcomes:
 - Better nutrient intakes
 - Healthy body weight
 - Cognitive function
 - Academic performance
 - School attendance
 - Mood



How can you tell if a breakfast cereal is healthy?

Per 100 g look for:

- > 5g dietary fibre
- < 5 g total fat
 - (10 g is acceptable if saturated fat is < 2 g total fat)
- < 15 g sugar or 25 g if some sugar comes from fruit
- < 400 mg sodium



Snacks keep you going between meals

Choose snacks that are good for you and fill you up.

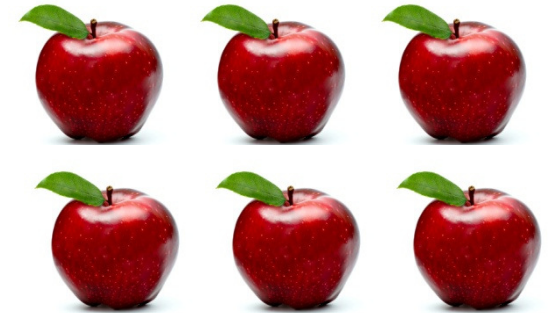


1 Large Cookie Equals:



3 Yoghurts

OR



6 Apples

OR



12 Wine Biscuits

OR



5 Toffee Pops

Drink plenty every day



What about fruit juice, fizzy drinks, energy drinks, sports drinks, vitamin waters?

Average sugar and energy levels in sugary drinks

Type of drink	Serve	Sugar tsp per serve	Energy Kj per serve
Fruit juice	250 ml	6	400
Powdered fruit drink	250 ml	5	350
Cordial	250 ml	5	350
Fizzy drink	355 ml 600 ml	10 17	640 1080
Energy drinks	250 ml 600 ml	6 15	480 1140
Sports drink	750 ml	15	1050
Flavoured water	700 ml	5	350

1 teaspoon of sugar = 4 grams

Source: NZ Food Composition Tables, websites

Energy drinks and energy shots



Concentration of caffeine in selection of NZ foods and beverages

Food or Beverage	Serve	Caffeine concentration mg / serve
Chocolate bar	1 small, 50g	10
Tea	1 cup	55
Latte	1 cup	269
Espresso	1 cup	577
Instant coffee	1 tsp	56
Energy Drink e.g. V	1 can/250 ml	78
Energy Shot eg. Demon	60 ml	200
Fizzy drink eg. Coke	1 can/355 ml	33

Source: Adapted from Thomson and Schiess (2010)

5 tips for making better fast food choices

1. Portion control
2. Add colour
3. Know what's in your food
4. Choose fatter chips
5. Be salad smart

