

Don't Skip Meals

Skipping meals can lead to weight gain. Even though you may have a busy schedule, with school and activities, don't skip meals. Eating healthy meals every day will keep you energized and healthy.

Here are some tips to keep your body fueled:

Eat breakfast every day. Your first meal of the day will get your body and mind going for the day. If you are feeling rushed in the morning, grab something to take with you, like an apple, banana or a hardboiled egg.

Pack your lunch on school days. If you don't like the choices at school, pack your lunch instead. This way, you will also be able to control your food and beverage choices and you know you will eat it, since you chose what to pack.

Eat dinner with your family. Eating meals together not only gives you a chance to stay connected as a family, but it also leads to healthier eating. Home-cooked meals are more likely to be healthy than eating on the go, eating alone, or eating while watching TV or on the computer.

Get involved in grocery shopping and meal planning at home. Planning and preparing meals with friends or family can be fun. Looking up recipes, going grocery shopping, and trying new foods together are great ways to spend time together. You can use this as an opportunity to encourage your family and friends to make healthy food choices as well!

For more information please visit
www.myplate.gov and www.nutrition.gov

