

Do you feeling tired and run down?

Teenage girls are at higher risk of being low on iron because they lose iron when they have their monthly period and they are still growing.

Good sources of iron include red meats, breakfast cereals fortified with iron, and baked beans.

Do you often feel hungry?

Try eating more **high-fibre foods** such as wholemeal bread, beans, wholegrain breakfast cereals, fruit and vegetables.

Foods that are high in fibre are bulky and help us to feel full for longer, and most of us should be eating more of them.

To learn more about healthy eating, go to:

www.nhs.uk/Livewell/Goodfood/Pages/healthy-eating-teens.aspx

Saltscar Surgery

We can offer advice and counselling.

Ask for an appointment with one of our Practice Nurses.

Monday – Friday 8.30 am – 6.00 pm.
Tel. 0142 484495 & 471388



Get active and be a healthy weight



Eating a healthy, balanced diet plays an essential role in maintaining a healthy weight, which is an important part of overall good health.

Being overweight or obese can lead to health conditions such as type 2 diabetes, certain cancers, heart disease and stroke.

Being overweight can contribute to asthma being uncontrolled.

Being underweight could also affect your health.

Check whether you're a healthy weight by using our Healthy weight calculator.

<https://www.nhs.uk/search?collection=nhs-meta&query=bmi%20healthy%20weight%20calculator>

Saltscar Surgery

Healthy Eating for Teenagers



Consult our Nursing Team for advice & counselling

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Get started



Scrambled eggs with optional wholemeal toast

Don't skip breakfast.

Some people skip breakfast because they think it will help them lose weight.

Research shows that eating breakfast can actually help people control their weight.

In addition, a healthy breakfast is an important part of a balanced diet and provides some of the vitamins and minerals we need for good health.

Whole grain cereal with fruit sliced over the top is a tasty and healthy start to the day.

Ideas for breakfast

- ❖ Muesli, fresh fruit and low-fat yoghurt
- ❖ Porridge with mashed banana and dried blueberries
- ❖ Baked beans on wholemeal toast

Aim to eat at least five portions of a mixture of fruits and vegetables a day.

They are good sources of many of the vitamins and minerals your body needs. It's not as hard as it might sound: fresh, frozen, tinned, dried and juiced fruit and vegetables all count towards your total. So one glass (150ml) of fruit juice, smoothies and vegetables baked into dishes such as stews all count.



At snack time, swap foods that are high in saturated fat or sugars for healthier choices.

Foods high in saturated fat include pies, processed meats such as sausages and bacon, biscuits and crisps.



Think about what you are eating

Foods high in added sugars include cakes and pastries, sweets, and chocolate. Both saturated fat and sugar are high in calories, so if you eat these foods often you're more likely to become overweight.



Are you drinking enough?

Make sure you drink enough fluids. Aim to drink six to eight glasses of fluids a day: water and milk are all healthy choices. Even unsweetened fruit juice is sugary, so try to drink no more than one glass (about 150ml) of fruit juice each day.

