

HEALTHY EATING TIPS FOR TEENS



Use fruit as a snack

Instead of grabbing a sugary, calorie-laden snack, eat fruits or vegetables.



Don't skip meals

Never go for a long time without food. Eat some fruits or dried fruits to fuel your body.

Drink water

Keep yourself hydrated by drinking water. It will help you avoid having drinks high in sugar.



Avoid energy drinks

Energy drinks have a lot of caffeine and sugar. Try to avoid them as often as possible.



Bake rather than fry

Limit making and consuming fried foods as they have unnecessary fats. Eat baked food for optimal body weight.

Good S For Teenagers 201

Joacim Rocklöv



Good S For Teenagers 201:

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, Tender Moments: **Good S For Teenagers 201** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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