

Nutrition Basics for Teens

- Eat at least 5 servings of fruits and **vegetables** a day.
- Eat a high-quality source of **protein** (nuts, beans, lentils, yogurt, milk, eggs, cheese, meat), **...at each meal and most snacks.**
- Eat at least **3 servings of high calcium foods** a day. (milk or soy milk, yogurt, cheese, fortified cereals, fortified juices, green leafy vegetables)
- Replace low nutrient-dense foods like refined grains (chips, cookies), sweetened drinks, and sweets with whole grain foods, lean proteins, fruits, vegetables, and water. **Whole grain foods should have about 3 grams of fiber for every 100 calories.**
- Replace fried foods, fatty meats, and processed foods with **healthy fats** from avocados, fish and nuts, for example.

Teens have special nutritional needs:

Teen diets are frequently deficient in **calcium, iron, vitamin A, and vitamin C.**

Tips for Teen eating Machines:

- At the peak of growth, (around 11-13 for girls and 14-16 for boys) girls need about 1800 - 2400 calories and boys need about 3000 calories a day.
- Athletes often need more.
- Make healthy foods available when hunger strikes. (You'll eat junk if that's what is available - try to avoid keeping it in the house.)
- Stock up on whole grain cereals, skim milk, yogurt, nuts, fruit, peanut butter, and whole grain bread.
- Make healthy leftovers available for snacks.

Breakfast is Essential

- Fifty percent of teens skip breakfast.
- School performance, ability to drive, general health, sports performance, and mood all suffer when breakfast is skipped.

When do teens and athletes need supplements?

- Those who **don't eat meat** on a regular basis may need **iron and zinc as well as B vitamins.**
- Those who don't get three or more servings of **calcium** foods a day need a calcium supplement with Vitamin D (especially if dairy sensitivity).
- A daily **multivitamin** is good insurance **if** you don't eat at least 5 servings of fruits and veggies.

Don't forget rest and recovery!

Nine or more hours of sleep daily.... plus, days off from training

Recommended Supplements for Teens

Start with a high quality Multi Vitamin



Vita Lea Multi-Vitamin Gummies – core nutrients for brain, heart, immune health, and energy.
100% DV of key nutrients, including vitamins A, C, D, and E.
Retail price \$39.40 Member price \$33.50



Also, in the more complete tablet format - Vita Lea with and without iron for adults and teens.

Vita Lea Men or Women's Multi+ (with iron) 120 tablets
Retail price \$30.25 Member price \$25.70

Calcium

Calcium deficiency in teens can cause symptoms like dry, brittle nails and hair, dry skin, muscle cramps and spasms, and weakened tooth enamel leading to decay. Strong bones help reduce risk of fracture.

OsteoMatrix 120 tablets Retail price \$19.35 Member price \$16.45

Cal Mag Plus 120 Chewable Retail price \$26.45 Member price \$ 22.50

For strong immune system

Vita C Chewable 250 mg 60 tablets Retail price \$25.40 Member price \$21.60

Sustained Release Vita C 180 tablets Retail price \$28.40 Member price \$24.30

Optiflora Probiotic Pearl --Probiotics help restore the balance of beneficial bacteria in the gut, which is essential for a strong immune system as well as a healthy digestive tract.

30 capsules Retail price \$24.75 Member price \$ 21.05

Start the day with a healthy breakfast

Family Life Shake Protein (Soy or Plant)
(French Vanilla, Chocolate, Strawberry, Café Latte)

with 20g of protein per serving, plus leucine to help build lean muscle. With 25 essential vitamins and minerals, 6 g of fiber, prebiotics, and omega-3s, it also supports healthy hormone levels plus gut, heart, brain, immune & bone health

14 serving bag Retail price \$60.50 Member price \$51.45



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