

Just for You

Want a few more zzzz's in the morning? Tired of your mom nagging you to drink more milk? Are your friends constantly trying to get you off your butt? Read on for ways to answer these questions plus a few more.

QUESTION: Every morning I can barely scrape my body out of bed. I have no time for breakfast, and I'm starved by 11 am. What can I do?

ANSWER: Your body is changing. It's natural for you to need more sleep now (even if you get to bed at a reasonable hour) because growing requires more energy. But sleep is not the only way to recharge. Breakfast is an energy booster, too. In fact, eating in the morning not only gives you more energy throughout the day, but will also help you concentrate better in class and help control your appetite at lunch.

To catch the most zzzz's and still fuel your body, plan and package a few snacks the night before. Fruit, yogurt, bagels, crackers, cheese, and sandwiches are all excellent (not to mention quick and easy) foods to munch while waiting for the bus or a class to begin.

Q: My friends think I sit around too much. They want me to go in-line skating with them. It looks like too much effort. What's the point anyway?

A: For starters, you'll be doing great things for your body. Whether it's soccer, hiking, or riding a bike, being

active strengthens your bones and muscles, including your heart. Start out slowly. You'll build endurance the more you do. Tip: The more you move, the more energy you may have.

Q: No one is saying I'm fat, but my friend and I are exactly the same height, yet I weigh 10 pounds more than she does. What should I do?

A: You need to accept and respect your differences. Differences in your growth rate and your body structure make your weight—and height—unique to you. Much of your body shape and size is inherited. Your weight *now* doesn't tell you what you will weigh when you are an adult.

Q: I'm starving after school. When I get home, I pig out on snacks. Then I'm usually not hungry at dinner. This upsets my parents.

A: You're growing, so it's natural for you to be hungry more often than an adult. Smart snacking, on foods from the five major food groups, is a great way to calm a grumbling stomach. But pace yourself so you have an appetite for dinner. If you're not hungry for dinner, still join in on the family meal. Fill your plate with food to eat later when you're hungry again.

Q: My mom thinks I drink too many soft drinks. She says I should drink more milk. How can I get her to change her mind?

A: It's obvious your mom is concerned that you're not getting enough bone-building calcium. (She probably sees how fast you're growing and wants to make sure you're giving your body what it needs to be healthy.) Of course, there's nothing wrong with a soft drink



Tips to Help You Grow Into You!

Smart eating and physical activity help you grow into your healthy weight. So follow these tips to a healthy you. As you check out the rest of this magazine, you'll learn how to follow these smart living tips.

- **Watch how much and what types of foods you eat. Use the Food Guide Pyramid as your daily guide for eating.**
- **Eat breakfast.**
- **Snack smart with food-group snacks from the Pyramid.**
- **Allow enough time to eat. It takes time to feel full.**
- **Choose many foods lower in fat and sugars.**
- **Enjoy the great flavors of fruits and vegetables; try different varieties.**
- **Check the Nutrition Facts on food labels to find the nutrients and calories in a single serving.**
- **Eat at regular times. If you can, make time to eat a school lunch.**
- **Get moving. Whatever physical activity you choose, move!**

every now and then, either. Why not compromise: Drink milk with meals and save soft drinks for occasional snacks. Remember, all foods made from milk will add calcium to your bones.

Q: My friend said smoking is a good way to control hunger so I won't get fat. What do you think?

A: Gross! Smoking isn't a good way to do anything. It makes your heart and lungs work harder. It makes your breath, hair and clothes stink. It yellows your teeth and causes premature wrinkles. It's messy. It's expensive. Down the line, it increases your chance for cancer and heart disease.

Now think about this. Feeling hungry isn't a bad thing. It's your body's signal that you need to eat. As an active, growing teenager,

you need enough food-group foods for growing and for energy. Instead of a cigarette, grab an apple, nibble some pretzels or savor a scoop of frozen yogurt.

DON'T DIET!

Delete "diet" from your vocabulary. Skipping meals or following weird, unhealthy diets can actually keep you from getting the nutrients you need to grow as healthy as you could be. Trying to lose weight when your body is changing and growing isn't smart.

So what should you do if you start looking a little chunky? For starters, remember that your body was programmed for growth, not fashion. Some teens plump out before they shoot up. If you feel your weight is not right for you, talk to an adult you trust. Usually your height eventually catches up with your weight, especially if you stick to a balanced, moderate eating plan and stay physically active.

