



Providing an optimum exercise experience for ALL members

# ***Eating right for you!***

June 2011 By: Janet Liguori

## **Adolescent Nutrition: Does supply meet demand?**

Children and adolescents have the highest demand for quality nutrition. This high demand increases nutritional risk due to poor food choices; unhealthy eating habits and deficient caloric intake.

Nutritional problems arise from rebellious nature, selective food choices, peer pressure, and limited or too much food intake. Adolescent diets are often high in sugar, saturated fats, high Glycemic Index and compromise mostly of fast food, junk food and convenience packaged foods. In order to set up the health for the rest of a child's life, it is imperative to educate yourself and your children about a healthy lifestyle and eating habits. Here are some tips:

### **Teenagers need to realize the importance of good nutrition**

. A regular diet of soda pops, breads, cheeses, sweets, and snack foods pose a risk to good health. Education and inspiration through good food choices will prevent future health concerns.

### **We can help children and adolescents by being understanding and supportive**

Give mild advice and suggestions to teenagers as to what foods they should avoid. Parents can be influenced by being good examples – not buying refined sugary junk foods and keeping nourishing snack foods such as fruits, nuts, yogurt on hand, while preparing wholesome meals.

### **Fast Foods need to be avoided at all times.**

These contain high levels of salt, fat, sugar, additives – low amounts of fibre, and deficient in A, B, C, E vitamins.

### **Following a good diet plan is essential to optimal health**

This will promote nice looking skin, and a sense well being self confidence – Calcium and iron are needed in high amounts during these growth years and frequently not obtained.

### **Avoid Food Allergens/Intolerances**

These can cause weight gain, intestinal discomfort and imbalance hormones

### **Understand Hypoglycemia**

A teenagers blood sugar levels are volatile and must be balanced by good food choices – health carbohydrates proteins and fats should be included in each meal to slow digestion and sustain energy.

## **NUTRITIONIST INFO:**

**Krista Cumming, Registered Nutritional Consulting Practitioner**

Contact: 905-822-5240 ext 631 or [kcumming@ontarioracquetclub.com](mailto:kcumming@ontarioracquetclub.com)

**Gloria Atkinson, Registered Holistic Nutritionist**

Contact: 905-822-5240 ext 276 or [gatkinson@ontarioracquetclub.com](mailto:gatkinson@ontarioracquetclub.com)

## NUTRITION TIPS!

- #1 Substitute soft drinks for real fruit juices...or better yet purified water
- #2 Add high nutrient foods to home made shakes such as brewer's yeast, molasses, wheat germ, and nuts to provide much needed Calcium, vitamin D, Chromium and Selenium
- 3# To provide needed B vitamins, ensure diet includes quality meats, whole grains, fruit, and green leafy vegetables
- 4# To ensure growing teenagers obtain all nutrients to support heavy growth demands, an excellent absorbing multi-vitamin from a health food and supplement store.

## TEENAGE FRUIT SMOOTHIE

½ cup of ice

½ Cup kiwi – high levels of vitamin C

½ Cup strawberry – contain antioxidants

1 tbsp wheat germ – contains fibre and B vitamins

1 tbsp coconut oil – essential fatty acid for brain function

1-2 tbsp raw honey to taste – contains chromium essential for blood sugar regulation

Method: put all ingredients in a mixer, blend until desired consistency. Enjoy!

CREATED BY: JANET LIGUORI



## Acne tips for Teenagers!

- #1 Note that medications can cause acne: anabolic steroids, (testosterone/corticosteroids/oral contraceptives/progesterone and drugs that contain bromides or iodides.
- #2. Vitamins A, E, Selenium, Zinc, B6, chromium and pantothenic acid all support excellent health and play a role in preventing acne
- #3 Wash pillowcases regularly in chemical free detergents.
- #4 Do not eat foods that contain trans-fatty acids such as margarine, shortening, and other synthetically hydrogenated vegetable oils and fried foods