Topics covered

- Food and nutrition guidelines for healthy teens
- Important nutrients for teen girls
- Body size and body image
- Importance of breakfast
- Snacks
- Fluids
NZ Food and Nutrition Guidelines for Healthy Children and Young People

1. Eat a variety of foods from each of the 4 major foods groups each day

2. Eat enough for activity, growth and to maintain a healthy body size

3. Prepare foods or choose pre-pared foods, snacks and drinks that are low in fat, sugar and salt

4. Drink plenty of fluid each day

5. Alcohol is not recommended

6. Eat meals with family or whanau

7. Purchase, prepare, cook and store food in ways to ensure food safety

8. Be physically active

Source: Ministry of Health 2010
Choose a variety of foods every day

Enjoy the recommended number of serves from each food group

Bread, cereals, rice, pasta, noodles (preferably wholegrain)
At least 6 serves*

Lean meat, fish, poultry, eggs, nuts, legumes
1 - 2 serves*

Milk, yoghurt, cheese (preferably reduced fat)
2 - 3 serves*

Vegetables & fruit
At least 3 serves vegetables & 2 serves fruit*

Choose these occasionally & in small amounts

Drink plenty of fluids
Water is the best choice
Balance your plate
Important nutrients!

• Calcium
  – Approx. ⅓ NZ teens have inadequate intakes

• Iron
  – Prevalence of iron deficiency anaemia is relatively low but teen girls are at greatest risk

• Iodine
  – More than ¼ NZ teens are moderately iron deficient

• Sodium
  – Current intakes far exceed recommendations
Most of the sodium we eat today is hidden!

Some breakfast cereals contain the about the same amount of sodium as a small packet of potato chips.
Important nutrients!

• Vitamin D
  – ⅓ NZ teens have sub-optimal vitamin D status

• Dietary Fibre
  – Median dietary fibre intakes are below recommended intakes, especially for teen girls

• Fats
  – Total fat intakes are within recommended levels but too much fat from animal sources and therefore saturated fat intakes are high
How much calcium do teenage girls need?

Teenage girls need just as much calcium as teenage boys - **1300 mg** - which is about 4 glasses of milk per day!

Recommended calcium intake can be achieved by eating a varied diet and including at least 3 servings of milk & milk products a day.
Which milk is best for teenage girls?
“But, I don’t like drinking milk!”

- Have other milk products
  - Yoghurt, cheese, ice cream
- Hot milky drink
- Flavoured milk or flavour your own
- Fruit smoothie
- Milk pudding - custard, rice pudding
- Pancakes for breakfast
- Use calcium-enriched milk
I don’t consume any milk or milk products!

- Soy or rice milk fortified with calcium
- Fish - tinned sardines and salmon with bones
- Mussels
- Tofu set with calcium
- Almonds, brazil nuts
- Green veges - broccoli, silverbeet, spinach
Absorbable calcium!

8 cups spinach = 1 glass milk
Absorbable calcium!

2 cups broccoli = 1 glass milk
Fats - which are the “good” ones?

- Polyunsaturated fat
- Trans fats
- Cholesterol
- Omega 3 and Omega 6 fats
- Saturated fat
- Monounsaturated fat
Two major types of fat

**Saturated Fats**
- ↑ Total and LDL Cholesterol

**Unsaturated Fats**
- ↓ Total and LDL Cholesterol
  - Poly-unsaturated Fats
    - ↓ Total and LDL Cholesterol
      - Omega 3
      - Omega 6
  - Mono-unsaturated Fats
    - ↓ Total and LDL Cholesterol

**Total Fat**
- ↑ Total and LDL Cholesterol
- ↓ Total and LDL Cholesterol
Saturated Fats
Solid at room temperature
Not all meats are equal!

The more white you see the fattier the meat and a high proportion (⅓ – ¼) of it is saturated.

- 25% fat
- 30% fat
- 25% fat
- 45% fat
- 2% fat
- 5% fat
- 5-6% fat
Serving sizes of meat

• Generally the size of the palm is a good guide
• Thickness of the meat is less than 1 inch thick
• 100 – 150g prior to cooking
Monounsaturated Fats

- Canola oil, olive and avocado oils

Polyunsaturated Fats

- Soybean, sunflower and safflower oils

Omega 3 and 6 Fats
Body size and body image

- In young people aged 15-24 years:
  - 14.2% are obese
  - 24% are overweight
  - 3.2% are underweight
  
  (Ministry of Health 2008)

- In the Youth ’07 study > 60% were in the normal BMI range yet:
  - 71% were worried about gaining weight
  - 66% female students had tried to lose weight in the last year

  (Adolescent Health Research Group 2008)

Encourage eating well for best performance in school and sport not for weight control
Breakfast is important!

- Associated with a range of positive outcomes:
  - Better nutrient intakes
  - Healthy body weight
  - Cognitive function
  - Academic performance
  - School attendance
  - Mood
How can you tell if a breakfast cereal is healthy?

Per 100 g look for:

- > 5g dietary fibre
- < 5 g total fat
  - (10 g is acceptable if saturated fat is < 2 g total fat)
- < 15 g sugar or 25 g if some sugar comes from fruit
- < 400 mg sodium
Snacks keep you going between meals

Choose snacks that are good for you and fill you up.
1 Large Cookie Equals:

- 3 Yoghurts
- 12 Wine Biscuits
- 5 Toffee Pops

OR

- 6 Apples

OR
Drink plenty every day

What about fruit juice, fizzy drinks, energy drinks, sports drinks, vitamin waters?
Average sugar and energy levels in sugary drinks

<table>
<thead>
<tr>
<th>Type of drink</th>
<th>Serve</th>
<th>Sugar tsp per serve</th>
<th>Energy Kj per serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit juice</td>
<td>250 ml</td>
<td>6</td>
<td>400</td>
</tr>
<tr>
<td>Powdered fruit drink</td>
<td>250 ml</td>
<td>5</td>
<td>350</td>
</tr>
<tr>
<td>Cordial</td>
<td>250 ml</td>
<td>5</td>
<td>350</td>
</tr>
<tr>
<td>Fizzy drink</td>
<td>355 ml</td>
<td>10</td>
<td>640</td>
</tr>
<tr>
<td></td>
<td>600 ml</td>
<td>17</td>
<td>1080</td>
</tr>
<tr>
<td>Energy drinks</td>
<td>250 ml</td>
<td>6</td>
<td>480</td>
</tr>
<tr>
<td></td>
<td>600 ml</td>
<td>15</td>
<td>1140</td>
</tr>
<tr>
<td>Sports drink</td>
<td>750 ml</td>
<td>15</td>
<td>1050</td>
</tr>
<tr>
<td>Flavoured water</td>
<td>700 ml</td>
<td>5</td>
<td>350</td>
</tr>
</tbody>
</table>

1 teaspoon of sugar = 4 grams

*Source: NZ Food Composition Tables, websites*
Energy drinks and energy shots
## Concentration of caffeine in selection of NZ foods and beverages

<table>
<thead>
<tr>
<th>Food or Beverage</th>
<th>Serve</th>
<th>Caffeine concentration mg / serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chocolate bar</td>
<td>1 small, 50g</td>
<td>10</td>
</tr>
<tr>
<td>Tea</td>
<td>1 cup</td>
<td>55</td>
</tr>
<tr>
<td>Latte</td>
<td>1 cup</td>
<td>269</td>
</tr>
<tr>
<td>Espresso</td>
<td>1 cup</td>
<td>577</td>
</tr>
<tr>
<td>Instant coffee</td>
<td>1 tsp</td>
<td>56</td>
</tr>
<tr>
<td>Energy Drink e.g. V</td>
<td>1 can/250 ml</td>
<td>78</td>
</tr>
<tr>
<td>Energy Shot eg. Demon</td>
<td>60 ml</td>
<td>200</td>
</tr>
<tr>
<td>Fizzy drink eg. Coke</td>
<td>1 can/355 ml</td>
<td>33</td>
</tr>
</tbody>
</table>

*Source: Adapted from Thomson and Schiess (2010)*
5 tips for making better fast food choices

1. Portion control
2. Add colour
3. Know what’s in your food
4. Choose fatter chips
5. Be salad smart