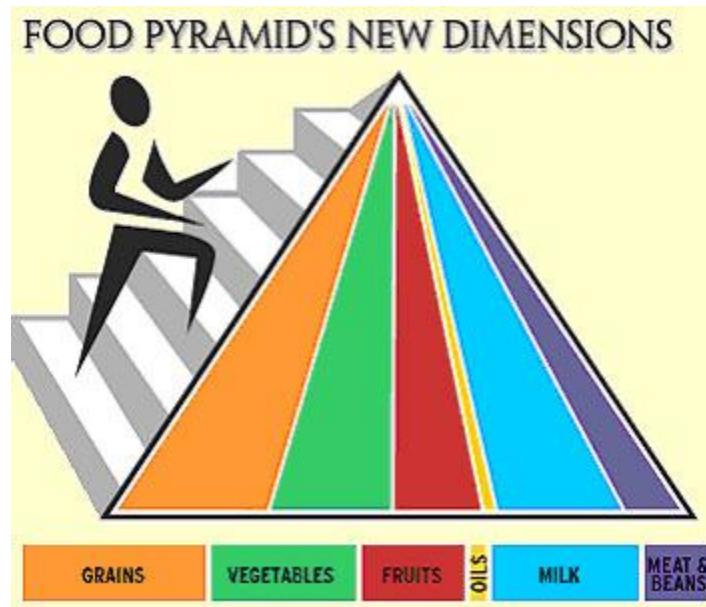


Nutrition & Exercise



Your Daily Servings of....

Bread, Cereal, Rice and Pasta - 1 serving = 1oz/30g

- ✓ Teen girls should eat nine servings; and teen boys should eat 11 servings.

Vegetables - 1 serving = half cup

- ✓ Teen girls should have four servings; and male teens should have five servings.

- ✓ Fruits - 1 serving = half cup

- ✓ Teen girls should have three servings; male teens should have four servings

Milk, Yogurt and Cheese 1 serving = 1 cup

- ✓ People from all age groups should eat two to three servings a day from this group.

Meat, Poultry, Fish, Dry Beans, Eggs and Nuts

- ✓ Teen girls should eat two servings per day for a total of 6 oz.; and male teens should eat three servings per day for a total of 7 oz.

Fats, Oils and Sweets

- ✓ You really shouldn't eat too much of this. Sweets, saturated fats and oils have little nutritional value. It is however to eat some fats, sugars and oils. Just make sure to ration wisely.

How many calories are you burning?

- ❖ Bicycling
 - <10 mph, leisure – 20 calories per 5 minutes
 - 10-11.9 mph, slow – 34 calories per 5 minutes
 - 12-13.9 mph, moderate – 47 calories per 5 minutes
- ❖ Walking
 - To class – 20 calories per 5 minutes
 - 3 mph, moderate – 15 calories per 5 minutes
 - 4 mph, very brisk – 27 calories per 5 minutes
 - 4.5 mph, fast – 36 calories per 5 minutes
- ❖ Swimming
 - Leisurely – 34 calories per 5 minutes
 - Freestyle, moderately – 40 calories per 5 minutes
 - Backstroke – 40 calories per 5 minutes
 - Butterfly – 67 calories per 5 minutes
- ❖ Tennis
 - Singles – 47 calories per 5 minutes
 - Doubles – 34 calories per 5 minutes
- ❖ Dancing
 - 23 calories per 5 minutes
- ❖ Yard work
 - Raking the lawn – 22 calories per 5 minutes
 - Stacking wood – 27 calories per 5 minutes
 - Planting shrubs/trees – 23 calories per 5 minutes
- ❖ Marching Band
 - 20 calories per 5 minutes

**Try a few of these other activities (recommended 3-5 days a week) to help increase your total burned calories for the week.

-Jogging -Hopscotch -Bowling -Basketball -Playing an instrument
-Wii Sports Games -Yoga -Hula Hooping -Volleyball -Trampoline