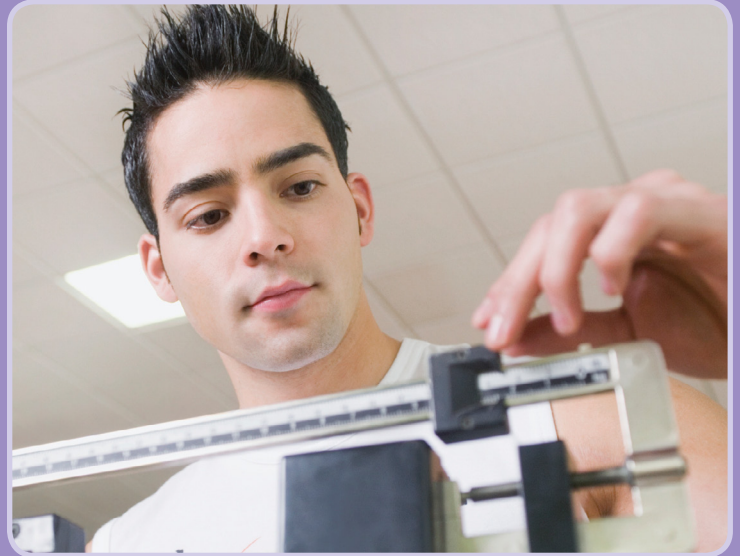


Be at a Healthy Weight

Being a healthy weight is good for everyone—whether or not you have diabetes.

A healthy weight means you are not too fat or too thin. It helps you:

- Feel fit.
- Stay well.
- Feel good about the way you look.
- Prevent health problems such as high blood pressure, diabetes, and heart disease.



If you need to lose weight

1. Be active at least 60 minutes every day.

- It is okay to break it up into 20 minutes, three times a day.
- Play sports or ride a bike. Walk your dog. Play video games that make you move. Put on music and dance. Ask a friend or family member to join you.
- Keep TV and computer time to 2 hours or less each day.

2. Cut some calories each day.

- Drink water instead of regular soda, sweetened fruit drink, or fruit juice. You cut about 150 calories.
- Eat a piece of fruit instead of a candy bar or bag of chips. You cut about 200 calories.

3. Eat smaller portions at meals and snacks.

- Still hungry? Have more fruit or veggies.

4. Eat breakfast every day. It will help you focus better at school.

- Have one bowl of whole grain cereal with nonfat or low-fat milk. Add a piece of fruit.

- Try two slices of whole grain toast. Add a tablespoon of peanut butter, a hard-boiled egg, or a piece of low-fat cheese. Drink a glass of nonfat or low-fat milk.

5. If you get your lunch at school, choose:

- Small deli or sub sandwiches with lean meat and mustard or low-fat mayo instead of fried foods.
- Nonfat or low-fat milk instead of chocolate milk.
- A piece of fruit instead of cookies.

6. Pack your lunch at night to save time in the morning.

- Use leftovers from dinner to make a sandwich.
- Add raw carrots and a piece of fruit.

7. Talk to your doctor about losing weight slowly and safely.

At salad bars, pick a mixture of veggies and fruits. Use 1 tablespoon of low-calorie dressing.



Healthy Eating Tips

- **Eat slowly.** Wait 10 to 15 minutes before having second helpings.
- **Help plan, shop for, and make** family meals.
- **Drink a glass of water** before you eat.
- **Fill half your plate** with salad or vegetables.
- **Use very small amounts** of butter, margarine, or salad dressing.
- **Eat only a small serving** of a dessert at the end of a meal—and not every day. Have a piece of fruit instead.

Snacks

Most teens need a snack after school. Use a small plate or a bowl to make sure you do not eat too much. Do not snack while watching TV or at the computer. Try:

- A piece of fresh fruit.
- One cup of veggies served with salsa.
- A small bowl of whole grain cereal with nonfat or low-fat milk.
- A small bowl of soup and a few whole wheat crackers.
- One small corn or flour tortilla with one or two slices of low-fat cheese or turkey.
- One handful of low-salt pretzels and a slice of low-fat cheese.

Eating Out

Fast food restaurants are okay sometimes, but not every day.

- Order child-size meals and drink water instead of soda.
- Choose a grilled chicken sandwich or a plain hamburger. Both are a better choice than a burger that is covered with sauce, cheese, and bacon. Add a small salad instead of fries.
- For pizza, order thin or medium crust. Eat only one or two slices. Top with veggies instead of meat.
- Have a small bag or a handful of baked chips or low-salt pretzels instead of regular chips.

Get your family and friends involved.

Being a healthy weight when you are young may help control your weight for life.



Talk with your doctor about ways to make healthy food choices and be active.



Visit...

National Diabetes Education Program to learn more and get free copies of other tip sheets for teens.

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Mantente en un peso saludable

Tener un peso saludable es bueno para todo el mundo, no importa si tienes diabetes o no.

Un peso saludable quiere decir que no eres ni muy gordo ni muy flaco. Te ayuda a:

- Sentir que estás en forma.
- Mantenerte bien.
- Sentirte satisfecho sobre cómo te ves.
- Prevenir problemas de salud como la presión arterial alta, la diabetes y las enfermedades del corazón.



Si necesitas perder peso

1. Haz ejercicio por lo menos 60 minutos todos los días.

- Está bien si divides este tiempo en periodos de 20 minutos, tres veces al día.
- Haz deportes o monta en bicicleta. Saca a tu perro a caminar. Diviértete con juegos de video que promuevan la actividad física. Ponte a bailar al compás de tu música preferida. Pídele a un amigo o miembro de la familia que te acompañen.
- Limita el tiempo que pasas frente al televisor o la computadora a menos de 2 horas por día.

2. Come menos calorías todos los días.

- Toma agua en lugar de soda regular, bebidas dulces con sabor a frutas o jugo de frutas. Puedes ahorrarte unas 150 calorías.
- Come una fruta en lugar de una barra de chocolate o una bolsa de papitas fritas. Así te ahorras unas 200 calorías.

3. Come porciones más pequeñas a la hora de las comidas y de la merienda ("snacks").

- Si todavía tienes hambre, sírvete más frutas o vegetales.

4. Desayuna todos los días. Te ayudará a concentrarte mejor en la escuela.

- Sírvete una taza de cereal integral con leche sin grasa ("skim") o baja en grasa ("low fat"). Añade un pedazo de fruta.

- Prepara dos rebanadas de pan integral tostado. Añade una cucharada de mantequilla de cacahuete (maní), un huevo duro o un pedazo de queso bajo en grasa. Toma un vaso de leche sin grasa o baja en grasa.

5. Si almuerzas en la escuela, escoge:

- Un sándwich pequeño (estilo deli o "sub") de pollo, pavo o carne de res con poca grasa y mostaza o mayonesa baja en grasa, en lugar de comida frita.
- Leche sin grasa o baja en grasa en lugar de leche con chocolate.
- Come fruta en lugar de galletas.

6. Prepara tu almuerzo la noche anterior para que no tengas que hacerlo por la mañana.

- Usa las sobras de la cena para hacerte un sándwich.
- Añade unas zanahorias crudas y una fruta.

7. Habla con tu médico sobre cómo bajar de peso poco a poco y saludablemente.

En las barras de ensaladas, escoge los vegetales y las frutas. Ponle sólo una cucharada de aderezo bajo en calorías.



