

TEEN MAG

What are we really eating?

We all love chips and pizza but what are our favourite foods doing to our bodies?

Burger and chips or pizza

What's in 'em?

Huge amounts of fat, salt and additives!

What's the damage?

All this fat and salt is really bad for your heart.

A good alternative:

Tofu burgers, roasted potatoes and homemade pizza!



Fizzy drinks

What's in 'em?

Sugar, colouring, additives and carbonated water to give it the fizz!

What's the damage?

It can damage your teeth - and that also means bad breath!

A good alternative:

Plain water! Add a little fresh orange juice if you like.



Chocolate cake

What's in it?

Huge amounts of sugar, fat and additives!

What's the damage?

Like most fatty, sugary foods, cakes are very high in calories.

A good alternative:

Fresh fruit with yoghurt is a delicious dessert!



Eat More Healthily - Dr. Jackson says...

1. You must cut down on a lot of your fave foods. It may be difficult at the start, but soon you'll have tons more energy.
2. Don't skip meals. You must eat three healthy, normal-sized meals a day.
3. You have no problem with your weight? You're lucky but it's important to choose healthy food every day.
4. And remember, you don't have to stop eating burgers and pizza completely. But you should make sure you eat more home cooked meals.

Log on to www.teenagehealthfreak.org and <http://pbskids.org> for more info