

Healthy Eating for Teens on the Go

By Alex Anthony

A day in the life of a teenager is packed full of events. Teenagers are constantly on the go. From waking up and going to school, and then extracurricular activities after school, we barely have time to stop until we go to bed at night. What teenagers need is the knowledge of how to be healthy, and also some new, easy and healthy things to snack on.



Just informing teens of the changes that healthy eating will have on their bodies will only get them thinking, not actually doing anything about it. A good start is first taking all of the bad snacks out of the kitchen. By not having the “junk” food available then there is no choice but to eat the healthy snacks. Healthy snacks have a huge variety, which makes it easier to start changing your eating habits. It would be good to have snacks that you could grab while running out the door.



Getting on Google and looking up some easy, fast, and healthy snacks is one place to start. Sites like Jenny Craig, Nabisco, and Family Travel come up and have some great ideas. You can choose where and what snacks to start with by knowing what your family enjoys. Making natural smoothies with your favorite fruit, making homemade trail mix, and also eating grapes and cheese are just a few things that stood out to me. You can get creative with your snacks though and choose what’s best for you.



The key to getting teenagers and even pre-teens to start eating the healthy snacks is to already have them made. Like I said, we are always on the go and running out the door while grabbing something to eat. Making easy-to-get and healthy snacks is a great thing to do to help start your kids on a strong nutritional path.