

# How to Help Your Teen Eat More Fruits & Vegetables

by: Elaine Auld

## SUMMARY

A parent can have a positive impact on their teens eating habits by encouraging them to eat more fruits and vegetables.

Talking with your teen can persuade them to find alternative healthy foods to substitute on their favorite foods.

Parents can make it easy for teens by having fresh fruit out in a bowl on the table, and cutting up vegetables and keeping them in the refrigerator in ready to eat portions. And finally, by parents setting a good example themselves.



## CHALLENGE

One in five school age children, ages 6-19) is obese. Obesity is a major contributor to chronic diseases and premature death. Children who become obese are at risk to remain so throughout their lives.

Obese teens may miss out on fun activities, face more health issues and suffer from a lack of confidence and self-esteem. But adding a few fruits and vegetables to every meal may help.

## YOUR INVOLVEMENT IS KEY

Learn more about the national project to prevent chronic disease at [www.partnering4health.org](http://www.partnering4health.org) and get more information for your teen at [www.choosemyplate.gov/teens](http://www.choosemyplate.gov/teens)

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*"Many teens don't realize their eating habits affect the way they look and feel. Point out the impact of the food choices they control and the benefits of healthy eating – better skin and hair, more energy, improved sleep, and weight management."*

- Elaine Auld

### Contact

#### Elaine Auld

Society for Public Health Education  
10 G Street, NE  
Suite 605  
Washington, DC 20002  
202-408-9804 phone  
<http://www.sophe.org>

## SOLUTION

The Society for Public Health Education developed an infographic for the parental audience to highlight that the obesity rates for teens have doubled in recent years.

Many teens do not realize their eating habits affect the way they look and feel today. If parents point out the benefits healthy eating can have, like better skin and hair, more energy, improved sleep, and weight management, teens just may make the right decision for themselves

## RESULTS

The infographic received 2,580 news articles after placements in most cities including, New York, Los Angeles, Chicago, San Francisco, Philadelphia, Boston, Detroit, Washington, D.C. Dallas, Houston, Miami, Atlanta and Seattle.

the published article appeared in publications with a potential audience of 53.6 million unique monthly visitors.

## SUSTAINING SUCCESS

Parents can take more steps to encourage healthy eating for their teens and their families. Talking with teend about eating fruits and vegetables is important. Making healthy living easier, and helping teens establish good habits now sets them on a path toward success and health later in life. Learn more at [www.partnering4health.org](http://www.partnering4health.org)