**Nutrition**

**Eat healthy food at regular times with 3 meals and planned snacks.**
- Healthy foods include:
  - Fruit or vegetable at meals and snacks.
  - Whole grain bread, cereal, pasta, brown rice or corn tortillas.
  - Protein and iron-rich foods like meats, fish, eggs, beans and tofu.
- Make time to eat breakfast – students who eat breakfast learn better.
- Limit fast foods and snacks high in sugar and fat.
- Avoid restricting food.

**Choose healthy beverages.**
- Drink water often.
- Drink 3-4 cups of nonfat or lowfat milk a day.
- 100% fruit juice is the best choice; avoid soda and other sweet drinks.
- Limit beverages with caffeine: coffee, tea, and energy drinks.

**Eat well with friends or family.**
- Plan and prepare a variety of foods at home.
- Turn off TV. Eat and talk together.
- Choose healthy foods when eating out.

**Keep a healthy weight with a healthy lifestyle.**
- 60 minutes of physical activity: Walk, run, dance, swim, bike, play sports - find something you enjoy and stick with it!
- Limit TV/video/computer time to 2 hours a day (except for homework).

**Dental**

- You should have a “dental home.” See the dentist twice a year or as advised by dentist.
- Ask dentist about fluoride, braces, mouthguards and “wisdom” teeth.
- Be responsible, brush teeth and tongue twice a day, morning and before bedtime. Floss daily.
- Replace toothbrush every three months or after illness.

**Oral piercing can cause chipped teeth, receding gums, bad breath, nerve damage, and pain.**

- Tobacco can cause bad breath, stains on teeth, gum disease, sores and disfiguring cancer.
- Use a mouth guard for all sports.
- Limit snacks that cause cavities like chips, sour and sticky candies, sodas, sports and coffee drinks.
- Drugs like meth can cause serious dental and medical problems.

**Staying Healthy**

17-20 years

Today’s Date: _______________________
Name: ____________________________
Age: ______________________________
Length: ________  Weight:  ____________
Body Mass Index (BMI) Percentile: __________

Next Appointment:
Date: ___________ Time: ____________

Important phone numbers:
Police, fire, ambulance: Call 911
CA Poison Action Line: 1-800-222-1222

WIC: 1-888-942-9875
Food Stamps – Supplemental Nutrition Assistance Program: 1-877-847-3683
Seek support for hopes and dreams.

You May:
- Be concerned about career, school, and the future.
- Be more independent from your family.
- Be concerned about your weight and eating.
- Date and have a close circle of friends.
- Have a regular job and more financial freedom.
- Have rational arguments with others over beliefs, attitudes, and values.

Tips and Activities
- Remember that you have choices. It is okay NOT to use drugs, alcohol, and have sexual contact with others.
- There may be times when you are confused or depressed. Speak with a trusted adult or friend.
- Find others who are positive about life.
- Talk about life events, attitudes, beliefs, and values with those you respect.
- Get involved in outdoor activities, sports, and community groups. Avoid gang activities or group violence.
- Ask for privacy and respect the privacy of others.
- If you are in school, make time to study. Stay in school.
- Plan for the future you want.

Staying Safe
- Never hitchhike or participate in other risky activities. Be aware of your surroundings at all times.
- Date rape happens and it can happen to men and women. Ensure your safety! Do not accept open drinks from others or leave drink unattended. Take a self-defense class.

Vehicle and Water Safety
- Always wear a seat belt!
- Always wear a helmet when riding a motorcycle
- Don't use cell phones, laptops, or text while driving.
- Never drink and drive. If the driver drinks, find another ride.
- Learn to swim. Never swim alone. Wear a life vest when boating. Remember: alcohol and water activities don't mix.
- Learn CPR

Resources
If you feel overwhelmed, or about to harm your child call your doctor, 1-800-4-A-CHILD (1-800-422-4453), or a friend for support.

If you need support, or someone to talk to, call: California Youth Crisis Line 1-800-843-5200

To quit smoking, call 1-800-NO-BUTTS (1-800-662-8887)