

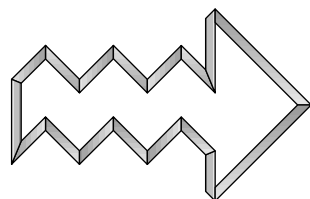
POWER

▶ A GUIDE FOR GUYS

Your life seems jam-packed — sports, friends, hobbies, school. To help you get through it all, you need to be sure your meals are jam-packed, too — with nutrients. Your big-time appetite is no accident. Read on for tips on how to make the most of what you eat.

GROWING STRONG AND GROWING LONG

Milk isn't just for kids! Calcium is a must-have as you hit your growth spurt, which typically happens between ages 12 and 15. During your growth spurt, you will develop 15 percent of your adult height, 50 percent of your adult body weight and 45 percent of your bone structure. Calcium helps keep your bones strong as they are growing long.



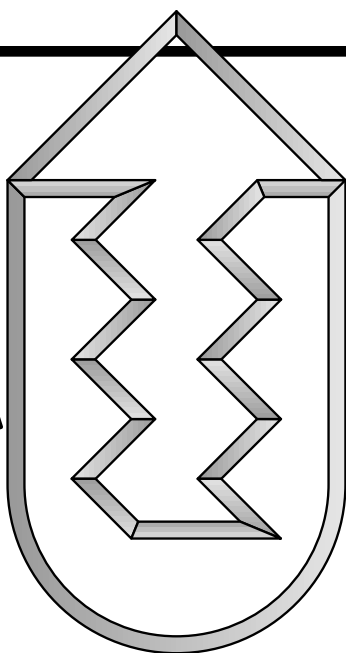
What You Say:
93% of teen boys (ages 11-14) agree that you need calcium to build strong bones.
 Teenage Research Unlimited, May 1996

Beverage Breakdown

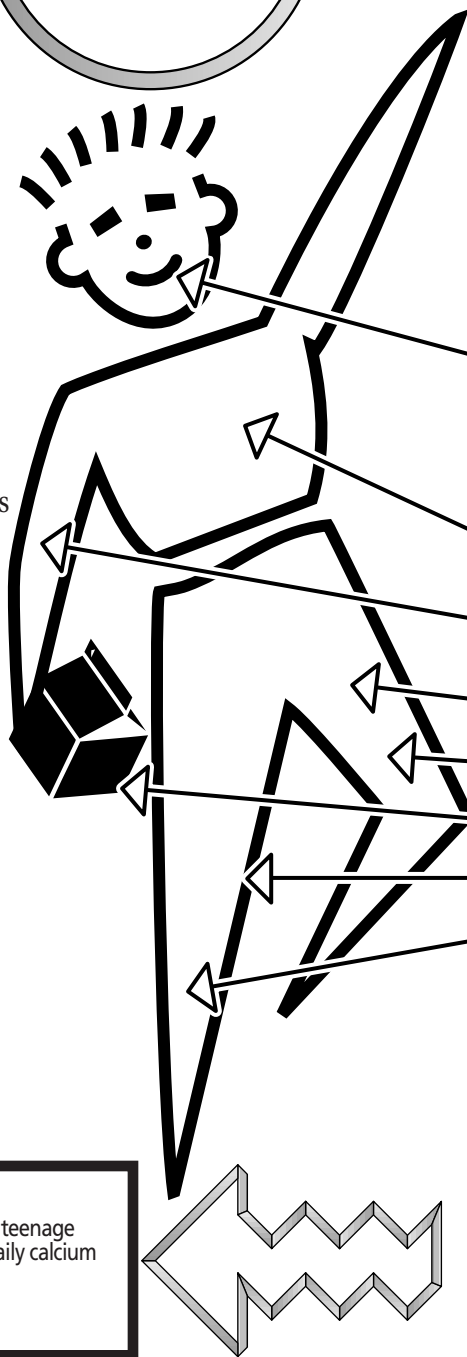
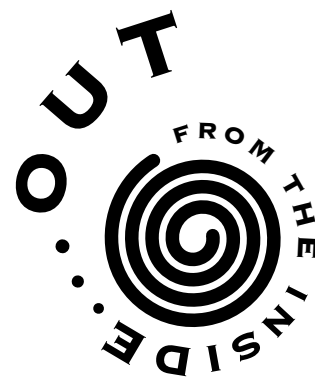
According to the USDA:
 Most teen boys are drinking only about 12 ounces of milk each day.

But
 Teen boys are guzzling nearly 34 ounces of soft drinks a day.

What You Do:
 Almost 7 out of 10 teenage boys don't meet daily calcium recommendations.
 National Academy of Sciences, 1997



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MILKING IT...

Okay, you've heard it...milk is good for you. But just how much? Take a look at what's in that cool glass of milk and what it does for you. Milk's got:

- **Calcium** — builds strong bones and teeth, helps to slow bone loss in later years, also involved in nerve function, muscle contraction and blood clotting. 99% of the calcium in our bodies is found in bones and teeth!
- **Potassium** — critical for regulating fluid balance and maintaining normal blood pressure.
- **Magnesium** — involved in building dense bones, building muscles and muscle movement.
- **Phosphorus** — a major component of bones and teeth.
- **Protein** — helps build bones and repair muscle damage.
- **Riboflavin** — helps change food to energy.
- **Vitamin B₁₂** — builds red blood cells that carry oxygen to muscles.
- **Vitamin D** — helps the absorption of calcium for building dense bones.

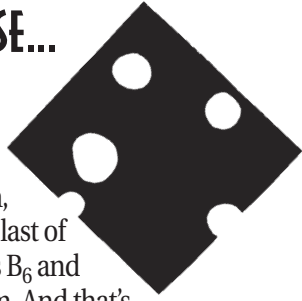
A FACT TO BREAK YOUR BACK:

One in eight men will get osteoporosis — a disease that can weaken the skeleton so much that even a sneeze can make a bone break.

CHEESE, PLEASE...

Cheese gets two thumbs up for good nutrition. In addition to calcium, cheese provides a blast of riboflavin, vitamins B₆ and B₁₂, and magnesium. And that's good news for you. According to a recent survey, 78 percent of teenage boys said they always have cheese on their sandwiches.

Everyone knows that the secret to making a great pizza is cheese. Hanging out with the guys? Gear up to treat your body and (taste) buds right.



POWER UP!

Playing sports and being active increases your need to feed. Whether it's playing on a team or shooting hoops in your backyard, be at your best by scoring on the nutrient front.

Try these tips on for size:

- ▶ Beverages, please! Even with normal activity, your body loses 2.5 liters of water every day. That's why you've got to drink 8 glasses of fluids a day. You need even more when you're very active. Milk contains not only the water you need, but also carbohydrates and protein to keep you going. Milk also helps restore potassium and sodium lost during exercise.
- ▶ Eat a light meal an hour (or more) before exercising or a big game. Try spaghetti and a glass of milk or cold cereal with milk and a piece of fruit. Then, 15 minutes before the game, down 1-2 glasses of water. Of course, eating foods packed with nutrients on a regular basis has the best effect on your performance.

TACO PIZZA

Makes 1 (12-inch) pizza or 8 servings

- 8 ounces lean ground beef
- 1 cup chunky mild or medium salsa
- 8 ounces (2 cups) shredded part-skim mozzarella cheese
- 1/2 cup sliced olives
- 1 (12-inch) thin Italian bread shell
- Shredded lettuce, chopped avocado, chopped tomatoes and reduced fat sour cream

Preheat oven to 400°F. In 10-inch skillet, cook beef until no longer pink. Drain well; stir in salsa. Place bread shell on baking sheet or pizza pan. Spread meat mixture to within 1/2 inch of edges. Sprinkle with olives and cheese. Bake until crust is crisp and cheese has melted, 12 to 15 minutes. To serve, cut pizza into 8 wedges.

Nutrient facts per serving:
229 calories, 11g fat, 358mg sodium, 280g carbohydrate, 20g protein, 252mg calcium



BBQ PIZZA PIE

Makes 1 (12-inch) pizza or 8 servings

- 1/3 cup barbecue sauce
- 1 pound chicken breast, cooked, chopped
- 3/4 cup thinly sliced red onion
- 1 medium green pepper, thinly sliced
- 8 ounces (2 cups) shredded Colby/Jack cheese
- 1 (12-inch) thin Italian bread shell

Preheat oven to 400°F. Place bread shell on baking sheet or pizza pan. Spread barbecue sauce on shell to within 1/2 inch of edge. Arrange chicken and vegetables on sauce. Sprinkle with cheese. Bake 12 to 15 minutes or until cheese has melted and crust is crisp. To serve, cut pizza into 8 wedges.

Nutrient facts per serving:
366 calories, 16g fat, 307mg sodium, 28g carbohydrate, 27g protein, 273mg calcium

Use your noodle to test your nutrition know-how

Fill in the blanks by unscrambling the answer, then read the letters in the circles to discover a hidden message.

- 1 One of the best ways for you to get healthy is to increase physical yctv ia it.
- 2 A majority of teens agree that eating right helps their performance in h o c s o l.
- 3 t s e o o p s o s r i is a disease that can cause weak bones and fractures later in life.
- 4 While boys only drink one and a half cups of milk and girls even less, both boys and girls are drinking more and more t r i k s f o n d s.
- 5 One and a half ounces of s h e c e e, an important dairy food, gives you a pack of nutrients, especially calcium.
- 6 Regular e e c i e x r s increases your need to feed.
- 7 During e n a d e l o s c e, teens develop 15 percent of adult height, 50 percent of adult weight and 45 percent of adult bone structure.
- 8 Your body loses 2.5 liters of t r e a w each day, making it important to drink 8 glasses of fluids and even more when you exercise.
- 9 Getting enough m c l a c u i when you're a teen helps to build stronger bones now and helps protect them later in life.
- 10 Athletes don't need t e i r n p o supplements because they can get all they need from the recommended 4 servings of dairy foods and 2-3 servings of meat products.
- 11 8 oz. of g o u t r y equals the calcium in one serving of milk and comes in many varieties — including frozen.

Fill in the blanks:

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