


# HEALTHY HABITS

VS



# POOR HEALTHY HABITS *in kids and teenagers*



**8:00 AM BREAKFAST**



- ✓ Carbohydrates (main source of glucose)
- ✓ Adequate quantity of protein for children, depending on the sport they practice and their body composition.
- ✓ Optimal amount of healthy fats.

**They go to school full of energy!**



**10:30 AM BREAK**

- ✓ Dairy, cereals and/or a piece of fruit.
- ✓ They stop 10-15 minutes to digest their food properly.
- ✓ They perform a physical activity.


**2:00 PM LUNCH**

- ✓ Vegetables, "good" fats or low absorption carbohydrates.
- ✓ Use vegetables mixed with other foods if kids don't like them on their own: in pasta, homemade pizza, in a pie or as a side.
- ✓ Colorful plates so they result more attractive to them.
- ✓ Fruits for dessert.


**5:30 PM SNACK**

- ✓ Yogurt with oatmeal and honey or several pieces of fruit, a whole-wheat sandwich or some dried nuts.
- ✓ Complex carbohydrates, recommended before practicing sports.
- ✓ Kids who practice a sport don't need to take any supplements.





**6:30 PM ACTIVITIES**

- ✓ Practice a sport with friends or at a club, take walks with the family or take a bike ride.
- ✓ Avoid food high in fiber or certain dairy foods that take longer to digest before they practice a sport.


**8:00 PM DINNER**

- ✓ Vegetables.
- ✓ Lean meats and fish.
- ✓ Fruit.




**9:00 PM BED TIME**

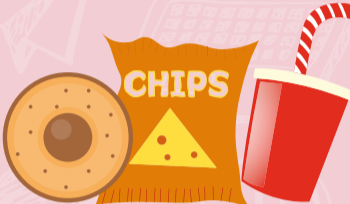
- ✓ Stop watching TV or be in front of the computer 30 minutes before going to sleep.
- ✓ Go to bed at a reasonable hour and do this the rest of the week.

- ✗ Get up late just in time to leave.
- ✗ They don't have breakfast or eat breakfast fast by eating a cookie.

**They go to school tired.**

- ✗ They use this time to have breakfast: juice or packaged shake, fun shaped cookies and/or a pre-packaged pastry.
- ✗ They perform sedentary activities.



- ✗ Pre-cooked food, "bad" fats, and heavy food.
- ✗ Lack of vegetables.
- ✗ Sugary processed desserts and a lack of fruit.



- ✗ Packaged juices, shakes or colas.
- ✗ Pre-packaged pastries, cold cults high in "bad" fat or fun shaped children's cookies.



- ✗ Stay home and play video games, watch TV or spend time in front of the computer or use the mobile phone.
- ✗ Don't practice a sport or go outside to play with friends.



- ✗ Fast food.
- ✗ Pre-cooked and fried food.
- ✗ Heavy food to digest.



- ✗ Go to sleep late while they watch the TV or use the computer/-mobile phone.



**SOURCES:**

Alex Vidal: Sports Nutritionist from ReSport  
<http://resportclinic.com/>  
 Gonzalo Dominguez de Miguel: Dietician / Nutritionist from the Clinic Podia FyS  
<http://www.clinicapodiasfys.com>

