

## Beware of these common bad habits

As you become more independent in your food choices, it is easy to get in the habit of making wrong choices - even if you were brought up eating healthy. Here are the four worst food habits teens have and what you can do about them:

**Skipping breakfast is the leading food habit.** According to the American Dietetic Association, more than half of male teens and more than two-thirds of female teens do not eat breakfast on a regular basis. Breakfast is the most important meal of the day. Eating breakfast can upstart your metabolism, which helps with weight control, mood and school performance. Make it a part of your routine to eat breakfast at school or at home.

**The next unhealthy food habit teens have is increased foods from 'other' food group.** Think of the food pyramid, the 'other' food group is the smallest section at the top with what is supposed to be the least amount of servings. Teens tend to eat too much high fat and calorie snack foods that are categorized in the 'other' food group. You can help break this habit by grabbing a fruit or vegetable as a snack versus going for the traditional bag of chips.

**Increased eating outside of the home is another bad food habit teens have.** Teens hit the fast food restaurants much more often than they did when they were younger. A big reason is due to school, sports and work schedules often overlap into regular meal times. To circumvent this bad habit, try eating out less often such as eating fast food once a week.

Last, but not least, in this list of bad food habits is soft drink consumption. There are many studies that show in increase of soft drink consumption. Get in the habit by choosing a healthier drink such as fruit juice and/or water. Overall - limit your soda intake.

## October is...

- Eat Better, Eat Healthier Month
- National Apple Month
- National Chili Month
- National Popcorn Month
- National School Lunch Week: 12 - 16
- National Taco Day: 4
- World Food Day: 16
- National Potato Day: 27

## Brain Buzz



### Q: Why do people snore?

**A:** That annoying sound is caused when a person's airway isn't clear during sleep. Instead of going in and out quietly, the air causes a ruckus on its way out of the person's mouth and nose. What gets in the way? Certain structures in the mouth and throat - the tongue, upper throat, soft palate, uvula, as well as big tonsils and adenoids - vibrate against each other.

\*Source: [www.kidshealth.org](http://www.kidshealth.org)

## Recipe Corner

### *Pumpkin Cream Cheese*



Perfect snack for Halloween!

### Ingredients:

- 8 ounces softened cream cheese
- 2 tablespoons brown sugar
- 1/2 cup of canned pumpkin
- 1/2 teaspoon pumpkin pie spice
- instant vanilla pudding

**Directions:** Remember to wash your hands!

1. Place all of the ingredients in a large mixing bowl.
2. Beat or stir until well blended.
3. Serve with toasted bagels and fresh apple slices.
4. Refrigerate until serving time.