

Examples of daily meals and snacks for teens 12 to 17 years old

Breakfast 1	Lunch 1	Dinner 1	Snack 1
Oatmeal, nuts, banana, milk	Cheese pizza, carrot sticks, berries, milk	Chicken breast, brown rice, vegetable and mixed green salad, milk	Apple with peanut butter
Breakfast 2	Lunch 2	Dinner 2	Snack 2
Egg, egg substitute or egg whites scrambled with vegetables and low-fat cheese, whole wheat toast, fresh orange slices, milk	Whole wheat pita or wrap with turkey or chicken, lettuce, tomato or other vegetable, flavored yogurt, apple, milk or water	Burrito (made with whole wheat tortilla), black or refried beans, cheese, vegetables (such as tomatoes, avocado, onions), salsa, low-fat sour cream, fruit salad, milk or water	Baked tortilla chips with salsa
Breakfast 3	Lunch 3	Dinner 3	Snack 3
Cereal, milk, fresh fruit	Whole wheat deli turkey sandwich, vegetable soup, mandarin oranges, milk	Whole grain spaghetti with meatballs, salad, steamed broccoli, cantaloupe, slice of garlic bread, water	Wheat thins, string cheese stick, grapes
Breakfast 4	Lunch 4	Dinner 4	Snack 4
Small bagel with light cream cheese and slice of ham, berries, milk	Hamburger on bun, fresh vegetables (carrots, cherry tomatoes, pea pods, cucumbers), melon, milk	Pot roast with potatoes and carrots, whole grain dinner roll, strawberries, milk	Vegetables or baked pita chips with low-fat dip or hummus
Dessert			

There is no dietary requirement (need to eat) for desserts and sweets. People just like them! Limit a sweet to 1 time a day rather than at every meal. If fruit does not work for your sweet tooth, try:

- ½ cup light ice cream
- 1 cookie (3 inches)
- Frozen fruit bar
- ½ cup pudding
- Small portion of a dessert you like