



COPE

Creating
Opportunities for
Personal Empowerment

A TEEN
(Thinking, Emotions,
Exercise, and Nutrition)
Healthy Lifestyles
Program

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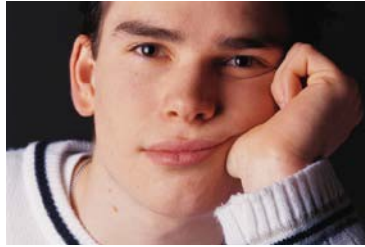


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Session 14
Healthy Choices

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Influences on Healthy Eating

You have learned that emotions can affect what we eat and when we eat.

By changing your negative thinking and by emphasizing positive and empowering thoughts, you have begun to impact your emotions and behavior.

Nutrition Facts

Variety is the spice of life. Your body needs a variety of foods in order to function well. As you choose foods every day, think about alternating your favorite foods with foods that you have never tried.

Try to have different foods from the same food group. [Branch out.](#)

[Experiment with new foods.](#) Did you know that it can take a baby up to 20 times to accept a new food?



Think about the portion sizes of packaged foods. Often a food may seem like a healthy choice on the food label until you examine that the package is meant to serve two people!!

Remember to drink lots of unsweetened fluids. Water is especially helpful to your body because our bodies are made up of mostly water. Drink water instead of soda or juice at least once or twice a day. By eliminating one regular soda a day from your intake, you will lose 10 pounds in one year.



Food is a fuel. Would you overfill your gas tank and waste the fuel on the ground? Your brain will let you know when you have had enough if you slow down and enjoy what you are eating.

Plan ahead.

- ❖ Know how you will handle eating out with friends or going to a fast food restaurant.
- ❖ Prepare snacks for “speed and go” or to meet a craving such as for something crunchy, salty or sweet.

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Healthy Choices Skills Building Activities



1. What healthy choices did you make at a meal at home in the last couple of days?
2. Was this healthy choice helping you meet one of your healthy eating goals?
3. Have your friends and family noticed the changes you have been making in your choices?
4. Did you get angry about anything this week?

Yes

No

❖ If yes, what triggered your anger?