

Quick and Easy

Recipes FOR TEENS

A Cookbook and Guide to Healthy Eating

★ 2nd Edition ★



Children's Hospital Boston

The Children's Hospital League Resource Center | Center for Young Women's Health

Quick & Easy Recipes for Teens

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Greetings!

If you received this book as a gift or bought it for yourself—congratulations! We're excited that you will be learning about how to improve your health by cooking and eating nutritious meals. This is actually the second cookbook our staff has written for teens. Our first cookbook was published in 2001. Since that time we've heard from young people who offered valuable feedback. We listened to what teens like you had to say and the result is the 2nd edition which is packed with many new recipes such as our new ethnic cuisines and new updated health guides. We have also included ways to “Add—In” and “Trade—Off” ingredients so you can vary your meals. The cookbook includes an “Intro to Nutrition” section that answers the most common cooking questions, and a glossary of cooking terms to help you get started. As you try the recipes, you'll discover that cooking and eating healthy can be fun and a great way to begin a lifelong path to better health.

Happy Cooking!

 — **CYWH Staff**

P.S. Please be sure to check out all of our Nutrition and Fitness materials online at: www.youngwomenshealth.org.

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Breakfast

Fruit Cup

Ingredients:

2 oranges, peeled, separated,
and cut up into bite-sized pieces

1 banana, peeled and sliced

1 tablespoon raisins
(golden or regular)

½ cup low-fat plain yogurt

⅛ teaspoon cinnamon

Preparation:

- In a small bowl, combine fruit.
- Divide fruit equally into 4 bowls.
- Put a rounded tablespoon of yogurt over fruit in each bowl and sprinkle with dash of cinnamon.

Makes 4 servings

Nutrition Facts	
Servings Per Recipe 4	
Amount per serving	
Calories 82	Calories from Fat 6
% Daily value	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 2mg	1%
Sodium 21mg	1%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	10%
Sugars 13g	
Protein 3g	
Vitamin A 4%	★Vitamin C 63%
Calcium 8%	Iron 1%

Strawberry

Breakfast Salsa

Ingredients:

⅓ cup apricot jam

3 tablespoons water

1 teaspoon cinnamon

1 quart of strawberries

Preparation:

- Wash strawberries, cut off the stems, and carefully cut them into ¼ inch pieces.
- In medium bowl mix jam, water, and cinnamon.
- Add strawberries.
- Toss gently to combine.

Makes 4 servings

Nutrition Facts	
Servings Per Recipe 4	
Amount per serving	
Calories 122	Calories from Fat 5
% Daily value	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 1g	
Vitamin A 2%	★Vitamin C 179%
Calcium 4%	Iron 6%

Sports & Nutrition: Fueling Your Performance

Nutrition—The Right Balance

Just as a car runs best with a full tank of gas, your body needs the right kind of “nutritional fuel” for peak performance. Eating well for your sport can be simple. You do not need special foods or supplements! It is important to fuel your body with a balance of carbohydrates, proteins, fats, minerals, vitamins, and water.

Carbohydrates or “carbs” (*pasta, bread, cereal, rice, potatoes, fruits, milk, yogurt, etc.*) are especially important for athletes because they supply the body with glucose (*blood sugar*) for energy. Extra glucose is stored in the muscles and liver as glycogen, your energy reserve. During short bursts of exercise such as sprinting, basketball, gymnastics, or soccer, your body primarily uses glycogen for energy. If you don’t have enough glycogen you can feel very tired, which will affect your athletic performance. During longer exercise, your body uses the glycogen stores first and then uses fats stored in your body to fuel performance.

Fat is an important source of energy used to fuel longer exercise and endurance activities, such as hiking, cycling, and long-distance running. Eating a diet that is too low in dietary fat may decrease athletic performance and cause other health problems.

Protein is necessary to build and repair muscles. Small amounts of protein may also be used for energy.

Vitamins and minerals are not sources of energy, but they have many important functions in the body. For example, vitamin D and calcium are needed for strong bones, and iron is needed for blood cells to carry oxygen throughout your body. Athletes should eat a balanced diet with a variety of foods to make sure they get enough vitamins and minerals. It is fine to take a regular multivitamin with added minerals, but supplements with high doses of vitamins and minerals do not improve performance and may actually be harmful.

Water is essential to keep you hydrated (*when your body has enough fluids*). Dehydration (*when you don’t have enough fluids*) can cause muscle cramps and keep you from performing your best.

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