



Buzzy BODY & BITES for Teens

Buzzy



The following vitamins/nutrients and associated foods play a big role in good vision and are important components to a teen's diet:

Vitamin A

- Beef liver
- Chicken liver
- Cod liver oil
- Milk
- Eggs
- Colorful fruits and vegetables

Vitamin C

- Oranges
- Orange juice
- Red and green bell peppers
- Grapefruit
- Strawberries
- Broccoli
- Kale

Vitamin E

- Sunflower seeds
- Almonds
- Hazelnuts
- Peanut butter
- Spinach
- Avocados
- Olive oil
- Whole grains

Carotenoids

- Kale
- Spinach
- Leaf lettuce
- Carrots
- Bell peppers
- Tomatoes
- Tomato juice
- Sweet potatoes
- Broccoli
- Squash
- Watermelon
- Pink grapefruit
- Apricots

Bioflavonoids

- Berries
- Grapes
- Apples
- Oranges
- Grapefruit
- Yellow onions
- Soy foods
- Legumes
- Teas
- Dark chocolate

Eye Health

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Taking care of your eyes should be an important part of your daily life. Although it may seem difficult to maintain good eye health, there are easy ways to incorporate it into your daily routine. The first step is to eat well balanced meals. Your meals should include nutrients like omega-3 fatty acids, zinc, and vitamins A & E. Incorporating these nutrients into your diet is an easy way to maintain good eye health. These nutrients can be found in foods like green leafy vegetables, tuna fish, oranges, eggs, and more. Another simple way to maintain good eye health is to wear sunglasses. When your eyes are constantly exposed to UV rays you are more susceptible to cataracts and macular degeneration. Finally, you should also take breaks from looking at your phone and computer screens. This will help prevent blurry vision, eye strains, dry eyes, headaches, and more. When it comes down to it, taking care of your eyes is quite simple and extremely important to your health.

Sources: [6 Tips for Eye Health and Maintaining Good Eyesight \(webmd.com\)](https://www.webmd.com/eye-health/6-tips-for-eye-health-and-maintaining-good-eyesight)

BITES



BODY

Eat Smart • Move More

Salmon Patties

Prep Time: 5 minutes

Total Time: 20 minutes



Ingredients

- 1 tablespoon canola oil
- 15 ounces canned salmon
- 1 bell pepper, diced
- 1 cup whole-wheat bread crumbs
- 2 eggs, beaten
- 1 teaspoon onion powder
- 1/2 teaspoon ground black pepper

Nutrition Facts

8 servings per container		1 serving (107.28g)	
Serving size			
Amount per serving		Calories 210	
Total Fat 6g			12%
Saturated Fat 1g			2%
Trans Fat 0g			
Cholesterol 90mg			18%
Sodium 400mg			8%
Total Carbohydrate 19g			4%
Dietary Fiber 2g			4%
Total Sugars 1g			
Includes g of Added Sugars			
Protein 18g			36%
Vitamin D 8mcg			16%
Calcium 95mg			2%
Iron 2mg			4%
Potassium 246mg			5%

*The % Daily Values (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in a skillet to medium heat.
- While the skillet is heating, add salmon to a mixing bowl. Use a fork to crumble salmon into very small pieces.
- Add bell pepper, bread crumbs, eggs, onion powder, and ground black pepper to the mixing bowl and combine with salmon.
- Mix thoroughly and shape into patties.
- Add the patties to the skillet and cook until both sides are nicely browned, about 5 minutes on each side.

(Recipe adapted from SNAP-Ed Connection Recipe Finder, as listed at: <https://whatscooking.fns.usda.gov>)

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Quick Tips

- Try rolled oats or crushed whole-wheat crackers in place of whole-wheat bread crumbs.
- Bread crumbs not available? Make your own bread crumbs with stale bread!
- Seasoned bread crumbs contain more sodium.

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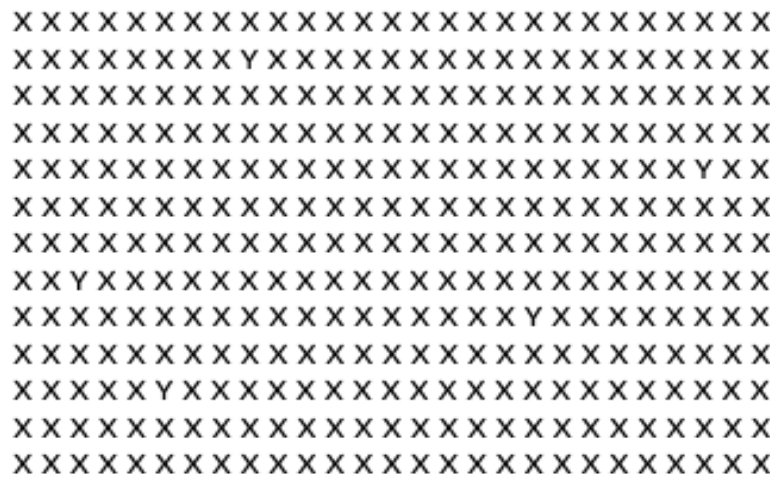


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Exercise Your Mind

Can you find all 5 Y's hidden in this Image?



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