

Healthy Vibes

A person is hiking in a forest, seen from behind. They are wearing a blue long-sleeved shirt, dark pants, a grey beanie, and a black backpack. They are standing on a large, dark rock. The forest has many trees and green foliage. The image is framed by a teal diagonal overlay.

Fuel Your Adventures



We all want to be our strongest, best selves, and when it comes down to it, a positive mindset and a healthy diet makes for a happy YOU!

To channel your inner fierceness, you need ENERGY to be active, grow, and power through all of your adventures. This all starts with a healthy diet.

DIY Smoothie

Mix and match your fav ingredients and then blend away for an easy take-away snack for your busy lifestyle.

Start here



1 cup low-fat milk

For a creamier consistency, add ½ cup of yogurt.

Add-ins

Take it up a notch by adding boosts like oats, chia seeds, flaxseed, or peanut butter.

1 cup fruits and/or veggies

Try using frozen fruit for a yummy consistency.



Nailed it?

Share your creations with us! @ConquerwithMilk

Conquer with Calcium

No one can call us weak! Simply, calcium is an amazing bone-building nutrient needed for growth, yet many teens are falling short of getting the daily recommendation. Did you know you need 1300 mg of calcium each day? That looks like 4 choices of any of the following:



1 cup low-fat milk



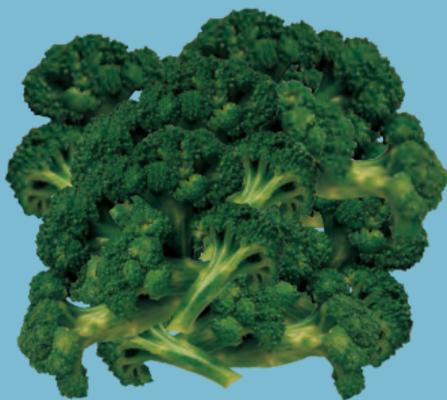
10 cups raw spinach



1.5 oz. hard cheese



1 1/4 cup dried figs



5 cups cooked broccoli



1 cup yogurt

Summing it up, when it comes to natural sources of calcium, it's clear that dairy foods CONQUER! Real talk, for dairy foods, we mean cow's milk, not plant "milk," which doesn't have the same nutrition. And, keep in mind that some leafy green vegetables, nuts, and other foods may have calcium but in smaller amounts than milk.

Need more info? Well good news! Together, we can create the best versions of ourselves by making simple choices in our daily routine.

So, what is a healthy diet?

1. All 'Bout that Balance.

Incorporate all 5 food groups into your daily diet. This includes fruits, veggies, low-fat dairy, whole grains, and lean protein.



2. Variety is the Spice of Life

Live magically; eat a rainbow of fruits and veggies, and try to make half your grains whole. Both are great ways to ensure you are getting nutrients your body needs, like fiber and the A-B-C vitamins.

3. Eating Breakfast

Before leaving the house, grab an apple, muffin and yogurt, along with your backpack: easy for the road and for the go-getter like you. Studies show students who eat breakfast do better on tests. Holla at those ACES!

4. Staying Hydrated

For proper hydration, make sure your body is getting enough fluids, like water or milk. DYK calcium is an electrolyte, and you lose it when you sweat? After a workout, try refueling with chocolate milk. In fact, all milk rehydrates just as well as water!

Why do I need a healthy diet?

- Because everything you eat does matter. An all-around nutritious and balanced diet helps keep skin, eyes, and teeth looking flawless.
- Your muscles and bones are growing NOW. Yes, at this very moment! Calcium and vitamin D are major nutrients you need, and most of us are not getting enough.
- It arms you against potential fractures or injuries. Get this, strong bones are built with the calcium and vitamin D found in milk.
- A healthy diet gives you the energy to CONQUER!



How can I ensure I get a healthy diet?

Start with a vision, even if it's just small changes. Here are our pro-tips for a healthy diet, AKA #winning.

1. Never Skip Meals

No one likes being “hangry.” When you skip a meal, it is next to impossible to make up those missed nutrients the rest of the day. Our bodies store some nutrients, but calcium and B vitamins are needed every day.

2. Plan Ahead, Be On Top of the World

Pack your lunch the night before, take snacks for practice after school, or even get involved in planning the grocery list with the fam so you're leading your body to a rewarding lifestyle.

3. Eat for Energy

Let's get fitter, stronger, and faster. When you low-key don't want to leave the couch, replace...

- Sports drinks → low-fat chocolate milk
- Chips → whole grain crackers
- Fruit snacks → dried fruit
- Soda → a smoothie

4. Try New Foods, Make it a Party!

At your next chill-day with the besties, grab an apron and try out a new recipe like homemade pizza with creative toppings and salad. Fun Fact: Your taste buds are constantly evolving, and you may now love foods you disliked when you were younger. Can you say “mushrooms”?

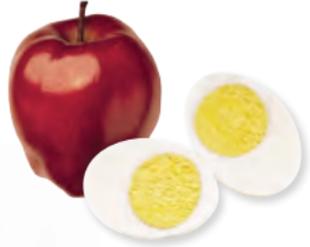
5. Own It On-The-Go

When a home-cooked meal isn't an option, read the calories on the menu, look for fresh fruit instead of chips, or reach for a low-fat milk instead of a sugary soda.



But what if I just can't find the time to be healthy?

We know life can be busy, especially in between extracurriculars and homework 😞. Whatever your adventure may be, we got you covered with some of our favorite snack ideas:



Spread the word with your tribe, and let's get healthy living on repeat!

Remember, an all-around balanced life and diet is learned over time, and no one is perfect (sorry not sorry). Go confidently in your journey of becoming your fiercest self because we know you can. Come on, let's take on the world!

Want more awesomeness?



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MEANS MORE