

have a great food day

By Glenn Michael Gordon

Want to feel happier, energized, and focused? Our nutrition expert, Tara, says to eat lots of vibrant-colored foods, never skip meals, and drink enough water to not feel thirsty. So what does that mean for your menus? Check out Tara's plan for three busy girls who need to keep going all day long.

the vegan

Celena, 15, Damon, TX

She's meat- and dairy-free: Celena's a vegan, which means she doesn't eat any foods that come from animals—even eggs.



What she eats now:

BREAKFAST Granola with dried apples in soymilk, or fruit
LUNCH A mixed-veggie sandwich with lots of pickles

DINNER Stir-fry with mushrooms, zucchini, red and yellow peppers, and yellow squash with teriyaki sauce over rice

Tara says: Getting plenty of vegetables is great, but a healthy vegan diet should also include lots of fruit, whole grains, nuts, seeds, and legumes. The nutrients that tend to be lacking in vegan diets are calcium, iron, and vitamin B12.

Her new meal plan: **BREAKFAST** Yay! Celena's breakfast is nutritionally sound and balanced. **LUNCH** Celena's lunch could get a protein and calorie boost by adding hummus or avocado to her sandwich, with lentil or miso soup. **DINNER** To make that stir-fry more substantial, add half a cup of protein-rich tofu or tempeh, as well as calcium-rich broccoli.

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Thanks to registered dietician Tara

the student



Rita, 17, Lincolnwood, IL

She's a class act: Rita spends five hours a night studying, so she needs to stay awake and focused till the wee hours.

What she eats now:

BREAKFAST Orange juice
LUNCH Tuna or ham sandwich
DINNER Soup and a chicken or vegetable dish, or a frozen pizza

SNACK Sugary candy, like Nerds, from the vending at her school
DRINK OF CHOICE Water at school; juice and soda at home

Tara says: Rita has to eat breakfast! It will help her concentrate at school, keep the vending-machine munchies away, and give her more energy all day.

Her new meal plan: **BREAKFAST** Try pita with melted cheese, whole grain cereal with skim milk, or oatmeal with fruit. **LUNCH** A sandwich with high fiber whole grain bread and lean meats will give her more energy. Carrots or a banana will up her all-important fruit and veggie consumption. **DINNER** The soup is fine (though cream-based equals high saturated fat). But some frozen dinners are packed with sodium—so try easy-to-fix pasta with ground turkey and spinach.

the athlete



Alyssa, 15, Glenview, IL

She's in good shape: Alyssa is on the track team and the tennis team. She also jogs every day and lifts weights four times a week.

What she eats now:

BREAKFAST A bagel with strawberry cream cheese and milk
LUNCH Salad or a sub and a glass of chocolate milk

DINNER Meat, two servings of veggies, and milk
SNACK Popcorn at bedtime
DRINK OF CHOICE Water and sports drinks

Tara says: Good job! Alyssa eats a varied, balanced diet. But since she exercises, she could use more water: two cups before exercising, one cup every 15 minutes during exercise, and at least two cups after.

Her new meal plan: **BREAKFAST** Adding protein and fiber will ward off her midmorning munchies. Melt cheese on a whole wheat bagel, or have peanut butter on an English muffin. **LUNCH** Fine, but a piece of fruit for a midmorning snack will give Alyssa more energy. **DINNER** She should add starch, like half a cup of brown rice or a baked potato, to replace the glycogen

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