



Nutrition In Adolescence

ADOLESCENCE

- ▶ Girls also need iron to grow and can make up for lost blood during menstruation. Good iron sources include lean beef, iron-rich cereals and, beans, peas, and spinach.
- ▶ Limit fat intake: Adolescents should limit their daily fat intake to 25 to 35 percent of their total calories, and whenever possible, they should prefer unsaturated fats to saturated fats. Healthy and unsaturated fats include olive, canola, sunflower, corn, and soybean oils. Limit fatty and cold-water fish such as salmon, tuna, and whitefish.

▶ Healthy Eating Tips for Teenagers ◀

- ▶ Try to limit foods such as sweets, candy, frozen desserts, chips, and fries, which often contain sugar, unhealthy fats, and salt.
- ▶ For a quick snack, try using pears, apples, and bananas.
- ▶ Do not add sugar to the food and drink.
- ▶ Drink skim or low-fat milk and avoid sugary drinks.
- ▶ Fat is an integral part of the diet. Fats have more calories per gram than protein or carbohydrates, and some are unhealthy. Foods containing healthy fats include; Avocados, olives, nuts, seeds, and seafood (salmon and tuna).



- ▶ Solid fats such as butter and margarine are solid at room temperature. These fats usually contain saturated and trans fats, which are not healthy.
- ▶ The body needs a small amount of sodium, which is mainly found in salt. However, getting too much sodium from foods and drinks can raise blood pressure, which is generally unhealthy for the heart and body.
 - ▶ Processed foods, such as canned or packaged foods, often have more sodium than unprocessed foods, such as fresh fruits and vegetables.



Adolescence

During adolescence, the adolescent will also grow physically, and his need for calories and nutrients will increase.

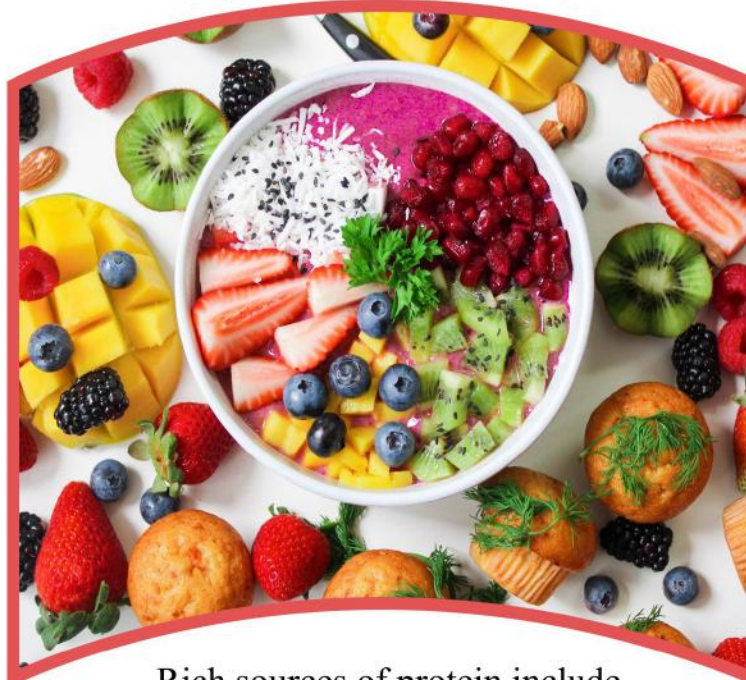
The best way to maintain the teen's healthy weight is to follow a diet rich in whole grains, fruits, vegetables, skim or low-fat dairy products, beans, eggs, fish, nuts, and lean meats.

► Healthy Eating In Adolescents ◀

- Eat fruits and vegetables every day: The teen should eat two servings of fruits and two vegetables every day (2,000 calories for a diet).
- Get 1,300 milligrams of calcium a day: The teen should eat three servings of low-fat, non-fat foods a day that contain calcium.

Good sources of calcium include yogurt and milk. Equivalent to one cheese unit, which contains 28 grams of low-fat cheddar cheese or 56 grams of American non-fat cheese.

- Protein is needed to build muscle and limbs: The teen should eat 155 grams of high-protein foods every day.



Rich sources of protein include lean meat, poultry, fish, or the equivalent of 28 grams of other protein sources .



- Eat whole grains for energy: Teenagers should eat 170 grams of whole grains each day. The equivalent of 28 grams includes a slice of whole-grain bread, a serving of whole-grain pasta, brown rice, 1 cup of oatmeal, 1 cup of whole breakfast cereal.
- Eat foods rich in iron: Lean body mass (muscle mass) doubles in boys between the ages of 10 and 17, and they need iron to support their growth.