

## TOPIC: NUTRITION DURING ADOLESCENCE (AGES 12-19)

### Nutrition During Adolescence (Ages 12-19)

**Adolescence (12-19 Years Old)** : puberty triggers *growth spurts & hormonal changes* that \_\_\_\_ calorie needs.

#### Calorie Needs:

1800-3200 kcal per day.

\*Depends on sex (M>F).

◆ 25-35% of Calories from fat.

◆ 0.85g protein/kg/day.

◆ 130g carbs/day.

◆ Prioritize calcium, iron, & vitamins A & D.

◆ Consume 2.3-3.3L fluids/day.

#### Other Considerations/Problems

◆ \_\_\_\_\_ requirements for girls are higher to offset blood loss during menstruation.



◆ \_\_\_\_\_ risk of eating disorders & prevalence of obesity.



◆ \_\_\_\_\_ independence & peer influence may lead to unhealthier choices.



◆ \_\_\_\_\_ risk of alcohol, nicotine, & other recreational drug use.



### PRACTICE

Which of the following is a common nutrition concern among adolescents?

- a) Excessive eating due to body dysmorphia.
- b) Undereating due to social/peer pressure.
- c) Increased consumption of alcohol & sugary drinks.
- d) All of the above.

### PRACTICE

Which of the following statements about nutrition during adolescence is true?

- a) "Food jags" are common among teenagers.
- b) Adolescent girls need more iron in their diet than adolescent boys.
- c) Adolescent girls need more zinc in their diet than adolescent boys.
- d) Answers b & c.

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### **PRACTICE**

Which of the following statements is true?

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- a) As children get older, they need more Calories because their growth rate increases.
- b) Adolescents' nutrition choices are significantly more likely to be influenced by their parents than their peers.
- c) Nutrition recommendations start to differ for boys & girls at approximately 9 years old.
- d) All of the above are true.