

ADOLESCENCE stage

From ages 13-19

Recommendation for

TEENS

ENERGY REQUIREMENTS

- The energy need for teenagers vary greatly depending on body size, rate, growth, and physical activity.
- Boy's need more energy needs may be especially high since they experience a more intense growth spurt and develop more lean body mass than girls do.

- An average of **45kilocalories** is needed for every kilo of desirable body weight.

Estimated Total Calories

AGE	Suggested Kcal per kilogram of desirable weight
13-15 years(male)	55
13-15 years(female)	45
16-19years (male)	45
16-19years(female)	40

IRON and CALCIUM

- Girls need iron because of monthly menstrual period and for the boys they need iron because of body development
- All adolescence are need calcium because of heavy activity they done, calcium helps to prevent bone problem like scoliosis.

Suggested daily food pattern for good nutrition

- 6-7 cups of cooked rice or alternatives(13-5 yo)
- 6 ½ - 8 cups of rice and alternatives (16-19 yo)
- 2 ½ serving of meat and alternatives
- 1 medium – size egg , 3-4 times a week
- 1 glass milk
- 1 ½ cup of cooked vegetable(3/4 should be green leafy and ¾ are the rest)

- 2 serving of Vit. C rich fruits and 1 serving of other type of fruits
- 5-6 teaspoon of sugar(sweeten beverage)
- 6-8 glasses of water

Other important dietary Recommendation:

- Don't skip meals especially **breakfast**
- Avoid fad or **crash diet**
- Refrain from drinking too much of soft drinks
- Give special attention to vitamin B

FOOD PYRAMIDS for TEENS



EATING DISORDERS

ANOREXIA NERVOSA

- Anorexia nervosa is an eating disorder characterized by unrealistic fear of weight gain, self-starvation, and conspicuous distortion of body image
- This disorder are common to all women specially to those models



EFFECTS:

- Loss of approximately 30% or more of body weight leading to emaciation
- Irregular or complete loss of menstrual period.
- Dry skin.
- Hair loss
- Growth of fine body hair.
- Heart damage
- Osteoporosis
- Withdrawal and isolation.
- Death.



BULIMIA NERVOSA

- **Bulimia** is an eating disorder. Someone with bulimia might binge on food and then vomit (also called purge) in a cycle of bingeing and purging.
- **Binge eating** refers to quickly eating large amounts of food over short periods of time



EFFECTS:

- Frequent vomiting can result in *metabolic alkalosis*, an imbalance in the body's acid/base balance.
- The effects of metabolic alkalosis range from slowed breathing (including instances of apnea, the cessation of breathing during sleep) to irritability to irregular heartbeat to convulsions and coma.

- More noticeable are the effects repeated vomiting has on the teeth. Stomach acid gradually erodes dental enamel, discoloring teeth and causing unusual numbers of dental cavities.
- As dental enamel continues to erode, teeth become more sensitive to hot and cold foods and liquids.



- Frequent vomiting also increases the likelihood of lung aspiration, which can cause damage to lung tissue. Aspirated vomit may cause pneumonia, shock and respiratory distress.

COMPULSIVE EATING

- **Compulsive Eating** or overeating is characterized by uncontrollable eating and consequent weight gain.



EFFECTS:

- Diabetes
- Obesity
- Nutrient deficiencies
- High cholesterol levels
- Cardiovascular problems
- Clinical depression
- Fatigue
- Stroke
- Asthma
- Cancer



RECOMMENDED EXERCISE FOR TEENAGERS/ ADOLESCENCE



SPORTS ACTIVITY

- Tennis
- Basketball
- Volleyball
- Soccer
- Football
- Cycling
- Swimming



END.....