ADOLESCENSE stage From ages <u>13-19</u>

Recommendation for **TEENS**

ENERGY REQUIRMENTS

- 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 learn body mass than girls do.

 An average of <u>45kilocalories</u> 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.

Sugested daily food pattern for good nutrition

- 6-7 cups of cooked rice or alternatives(13-5 yo)
- 6 ¹/₂ 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
- 1½ 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 friuts
- 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, selfstarvation, and conspicuous distortion of body image
- This disorder are common to all <u>women</u> 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 binging and purging.
- <u>Binge eating</u> 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 <u>dental</u> <u>enamel</u>, 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 <u>uncontrollable</u> <u>eating</u> and consequent <u>weight</u> gain.

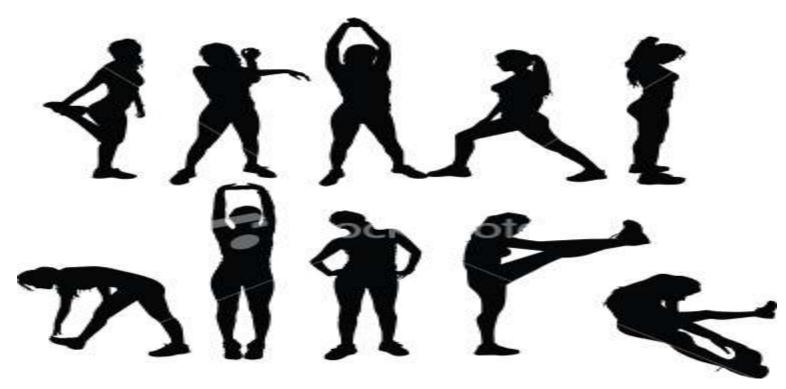


EFFECTS:

- 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





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