

FUELING YOUR GROWTH: NUTRITION FOR ADOLESCENTS

1

MORE CALORIES NEEDED!

- Growth spurt during adolescence increases calorie needs
- Per day need-
 - *Teen boys -2,000-3,200
 - *Teen girls -1,800-2,400
- Eat 3 healthy meals plus snacks to meet needs



2

PROTEIN POWER

- Protein builds muscle and powers growth
- Recommended: Per day
 - *Teen girls 34g/day
 - *Teen boys 52g/day
- Good sources: lean meat, poultry, fish, eggs, beans, nuts, dairy



3

BONE UP ON CALCIUM

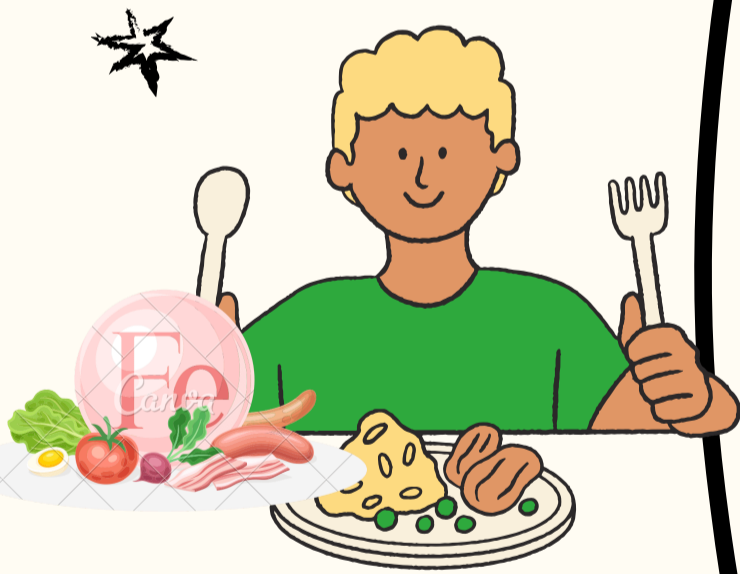
- Teenagers critical time for bone development
- Calcium builds bone mass to prevent osteoporosis later
- Recommended: 1,300mg per day
- Get calcium from dairy, leafy greens, fortified foods



4

PUMP UP IRON

- Rapid growth and menstruation increase iron needs
- Iron carries oxygen in the blood
- Recommended:
 - * Teen girls -15mg/day
 - *Teen boys -11mg/day
- Eat lean red meat, poultry, spinach, beans



5

FILL NUTRITION GAPS

- Many teens fall short on calcium, iron, potassium, fiber
- Take a multivitamin to help fill nutrition gaps
- Check with your doctor for personalized recommendations



6

STAY HYDRATED!

- Dehydration impacts sports performance and focus in class
- Aim for 6-8 glasses of water daily
- Limit sugary sports drinks to active times

