

HEALTH AWARENESS

Nutrition for Teenagers



Eating right for growth, energy and focus

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Agenda

01

Overview

02

Signs & causes

03

Care

04

Action



What is teen nutrition?

Teen nutrition is about getting enough energy, protein, iron, calcium and vitamins for a fast-growing body.

The teenage years bring growth spurts, exams and sports. Balanced meals, regular breakfast and fewer junk foods support energy, focus and long-term health.



Medical illustration



Why it matters

2,200+

kcal a day for many active
teens (approx.)

1,300 mg

calcium needed daily

1 in 2

teen girls may be low in
iron (illustrative)

Illustrative figures – cite current guidelines for your audience.



Common symptoms

01

Tiredness

Low energy and focus.

02

Pale skin

Possible low iron.

03

Frequent illness

Weak immunity.



Risk factors

- Skipping breakfast
- Too much junk food
- Crash dieting
- Low fruit and vegetable intake

TIP

**Never skip
breakfast before
school.**



Diagnosis

1	Check	Height, weight, BMI
2	Ask	Eating habits
3	Test	Haemoglobin if needed
4	Plan	Balanced meal plan



Prevention and treatment

Prevention

- ✓ Eat a rainbow of vegetables
- ✓ Include dal, eggs or paneer
- ✓ Drink milk or curd daily
- ✓ Choose water over soft drinks

Treatment

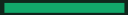
- Balanced meals
- Iron-rich foods
- Supplements if advised
- Regular activity



When to see a doctor

Situation	Action
Fainting or extreme tiredness	See a doctor
Rapid weight loss	Talk to parents and a doctor
Constant hunger and thirst	Get a check-up

General information, not medical advice.



Stay healthy

This presentation is for awareness and does not replace medical advice.

Health Education Team