



Nutrition for Teens

Eating right for energy, growth and focus

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Agenda

01

Overview

02

Signs & causes

03

Care

04

Action



What is good nutrition?

Good nutrition means eating a balanced variety of foods that give the body the energy and nutrients it needs.

Teenage years are a time of rapid growth.
Balanced meals improve energy,
concentration, immunity and mood.



Medical illustration



Why it matters

5

food groups to include
daily

8

glasses of water a day

1

fruit with every meal

Illustrative figures — cite current guidelines for your audience.



Common symptoms

01

Low energy

Tired and unable to focus.

02

Frequent illness

Weak immunity.

03

Hair and skin

Dull skin, brittle hair.



Risk factors

- Skipping breakfast
- Too much junk food
- Sugary drinks
- Crash diets

TIP

Build a colourful plate — more colours, more nutrients.



Diagnosis

01

Track

Write what you eat for a week

02

Compare

Check against the food plate

03

Adjust

Swap one item at a time

04

Review

Notice energy and mood



Prevention and treatment

Prevention

- Eat breakfast every day
- Choose whole grains
- Add dal, eggs or paneer for protein
- Snack on fruit and nuts

vs

Treatment

- Plan balanced meals
- Drink water, not soda
- Limit fried snacks
- Talk to a dietitian if needed



When to see a doctor

Situation	Action
Sudden weight loss	Talk to a doctor
Always tired	Check iron levels
Very restrictive eating	Seek support early

General information, not medical advice.

Stay healthy

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

Health Education Team