



HME103-Principles of Nutrition

Nutrition by developmental stages (adolescent)

Lesson Code: HME103-Principles of Nutrition

Instructure: Assoc.Prof. Dr. Elif Feyza TOPDAŞ

atauni.edu.tr    Atauni1957

- Adolescence is a period of transition from childhood to adulthood with rapid physical, biochemical, spiritual and social growth, development and maturation processes.
- Adolescence includes the age group of 12-18. It is generally accepted that adolescence begins between the ages of 10-12 in girls and between the ages of 11-14 in boys.



The importance of nutrition in adolescents



- Growth is rapid during adolescence. Rapid growth and development increases the need for energy and nutrients.
- Various problems may arise in meeting the increasing needs of the young person.
- Some of these problems may be related to the young person's lifestyle, and some may be related to faulty habits acquired due to unconsciousness.
- Family, school and other institutions of society have important duties in solving the problems, providing the young person with nutritional conditions that will ensure healthy growth and development, and gaining habits that will positively affect her/his health in later life.

- **The main changes observed during adolescence are:**
 1. There are changes in body shape due to gender hormones. There are changes, especially in the body's fat tissue, muscle and bone structure.
 2. Due to psychological changes, the child may lose his/her dependence on the family and become careless about his/her surroundings. As a result, the child turns to his friends rather than his family; He wants to be with them. He enjoys being with his friends at meal times.



NUTRITION IN ADOLESCENCE



- In addition to rapid growth, young people's involvement in sports causes an increase in their need for energy and nutrients. Adequate information and awareness should be given to young people about the amount of additional energy required by various sports branches and the nature of the diet to meet this.
- Wrongly applied weight loss diets during this period are the cause of inadequate and unbalanced nutrition. The young person may be tempted to apply their advice in order to make himself similar to the people he sees in movies, newspapers and magazines.
- As long as physical movements are increased and adequate and balanced nutrition is taken into consideration, muscle strength increases, obesity is prevented, and bone mineral density increases.

- Failure to meet the increased nutritional needs of young people as a result of malnutrition, the presence of intestinal parasites as a result of non-compliance with health rules, inadequate intake of vitamin C in the diet, and menstruation in girls are **among the causes of anemia.**
- **Tooth decay** is one of the important health problems in young people. It is seen as a result of excessive sugar consumption, lack of fluoride in water, malnutrition, and inadequate dental care and cleaning.
- **Simple goiter** is an important health problem in children and young people as a result of inadequate iodine intake through food and water. Therefore, iodized salt should be used.



Nutritional characteristics of adolescents

- It is even more important for adolescents to have adequate and balanced nutrition as growth and development accelerate. Nutrition is evaluated by determining the height and body weight of the young person according to his age.
- Fast food or junk food eating habits are common among children and teenagers. In fact, this type of nutrition has emerged due to the fast pace of life of people today. With this type of nutrition, 50% of the energy comes from fat. The majority of this fat consists of saturated fats.



Nutritional characteristics of adolescents

- It is known that there is a relationship between the amount of saturated fat in the diet and serum cholesterol level and cardiovascular diseases. Although these diseases are seen in adults, their foundations are laid in childhood. **Generally, in fast-food diets, vitamins A and C, calcium and fiber consumption are insufficient, and fat and salt consumption is high.**
- Another wrong habit of this age group is **skipping meals**. The most skipped meal is breakfast. Breakfast is an important meal for people.



Nutritional characteristics of adolescents

- Anorexia nervosa and bulimia nervosa are common eating disorders in adolescence, **especially in girls**. The young person makes himself vomit, uses laxative and diuretic drugs, and his health deteriorates. The young person looks like skin and bones, and in these cases the young person needs to receive psychiatric treatment. The causes of the problems need to be investigated.

