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**PEER REVIEWED, INDEXED AND REFEREED JOURNAL**

# **INDIAN YOUTH : CHALLENGES AND OPPORTUNITIES**

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## Diet for Adolescent

**Dr. Sunita S. Dalapure**

Associate Professor & H.O.D. of Home Economics  
Late Dattatray Pusadkar Arts College,  
Nandgaon Peth, Dist. Amravati

### Abstract:

*The adolescent period is characterized by heavy demands of calories and proteins. The appetite of the child increases and he tends to consume more carbohydrate food and fewer protein foods. The need for calcium and iron to support bone and muscle growth continues. In the case of girl, menstrual iron losses may predispose them to simple iron deficiency anemia. Their needs for iron are more than those of boys of similar age.*

*Since, the rate of metabolism is high, the need for iodine is also increased. This nutrient must be taken care of in areas lacking adequate iodine in soil and therefore, in foods. It can easily be supplied through use of iodized salt. Vitamins B are required in greater amounts by boys than girls to meet their extra demands of energy and muscle tissue development. In takes of vitamins C & A. may be low due to improper habits of eating snacks. It is necessary to take more care of girls than boys, who may be vulnerable to malnourishment. But physically activities are mast. Secondly, if she is figure conscious she may follow some crash diets which will predispose her to malnutrition. The hazards of such crash diets can be gauged from the fact that her body is preparing itself for motherhood which in condition of undernourishment can spell danger for the future mother.*

### Introduction :

Adolescence is a period of rapid growth after infancy. The rate of growth reaches its peak between eleven to fourteen years for the girls and their tee to sixteen years for the boy. Internal activities like secretion, hormonal reactions are more during this stage. Pubertal growth demands more body building substances and basal metabolic rate is increased which demands more energy. Since the period of adolescence is accompanied with considerable stress due to physiological and psychological changes attitude towards as they prefer to be tall and well built with strong muscles. Therefore, an adolescent by is more receptive to form good dietary habits. Girls are often self conscious of their figure and they avoid many foods labeling them as fattening, complexion, pimples and other marks are often associated with certain foods and their consumption, withdrawal attitude a common problem of adolescents is often taken on food, weight control is another important problem with adolescent girls. They eliminate essential nutrients in this effort. Skipped meals, poor lunches, snacking, munching in between, consuming large quantities of salt drinks and salty tit-bits which reduce the appetite are the common unhealthy dietary habits observed among adolescents.

### Objective Of The Study :

1. To study the need of diet for adolescents.
2. To study the problems of adolescent related to health.

3. To suggest diet for adolescents the requirement.
4. To suggest the healthy tips for adolescents to looking smart.

**Vegetables and Fruit :** Eat many difference coloured vegetables and fruit, it provide carbohydrates, vitamins and minerals, fiber and low in fat, eat them with most meals. At least three servings of vegetables and two servings of fruit every day.

**Protein :** Meats, chicken, seafood, legumes, nuts and seeds provide all protein, which body are grow especially bone, blood, tissues. The body easily uses the protein from meat, egg, milk, seafood. At least two servings every day and vegetarians required three servings of legumes, nuts and seeds and milk.

**Calcium :** Calcium is important for bone growth. If teen optimize their bone health. They have a decreased risk of teen fractures and of development osteoporosis during adulthood. Female are particularly at risk if they do not meet their requirement. The low calcium intake in females is due to the low intake of milk and other dairy products. Recommended three four servings of milk products per day.

**Iron :** Iron is another important nutrient for adolescents female need iron when they start menstruating, males need it as they gain lean body mass. On average adolescent boys meet their iron requirements with little difficulty. Body easily uses the iron from seafood, chicken. To help use the iron vitamin

'C' rich vegetables and fruit at the same time include in diet.

Different kinds of vegetables come in different colours each with its own set of disease fighting chemicals, called photochemical; eating a wide range of different coloured fruit and vegetable every day like red, purple, green, white etc. is a way to make getting healthy variety of nutrients in diet.

**Problems :** The body changes in girls and boys are result of the hormonal changes. That regulates the development of sex characteristics. In case of girls there

is a increase in the accumulation of subcutaneous fat, especially, in the abdominal area. There is increased bone development around the pelvic region, boys, although slow in growth, beat the girl in right and weight since they put on much more muscle mass and there is growth of the long bones. The sweat glands show more activity and acne of the face and back is a common problem in this age group.

**Required Diet :** Nutritional requirements for boys and girls different adolescence.

Requirement of Various Nutrients

Sex	Age	Calories (kg.)	Protein (gm.)	Iron (mgm.)	Calcium (mgm.)
Boys	13.15	2660	51.7	25	0.6-0.7
Girls	13.15	2360	43.3	35	0.6-0.7
Boys	16.18	2820	53.1	25	0.5-0.6
Girls	16.18	2200	44	35	0.5-0.6

ICMR suggested the following composition of diet to derive the above recommended allowance for adolescent groups.

Sex	Age	Cereals	Pulses	Green vegetables	Other vegetables	Milk	Oil & Fat	Sugar
Boys	10-12	420 gm.	45 gm.	50 gm.	50 gm.	250 ml.	40gm.	45 gm.
Girls	10-12	380 gm.	45 gm.	50 gm.	50 gm.	250 ml.	35gm.	45 gm.
Boys	13-18	420 gm.	50 gm.	50 gm.	50 gm.	250 ml.	40gm.	45 gm.
Girls	13-18	380 gm.	50gm.	100 gm.	50 gm.	250 ml.	40gm.	45 gm.

**Health Tips :**

- Olive oil has strong anti-inflammatory properties that may protect skin elasticity and decrease the risk of sun damage.
- Green tea has strong antioxidant properties that, protect your skin's collagen from sun damage and may reduce signs of aging.
- Fatty fish may provide protection from skin damage that occurs in response to inflammation and sun exposure. The astaxanthin in salmon may also improve skin elasticity and hydration.
- Dark chocolate with high flavanol content may protect against sun damage. It may also improve skin hydration, thickness and smoothness.
- Vegetables provide sun protection and may prevent free radical damage to skin. This is largely due to their strong antioxidant effects.

- Sit less, Move more and Sleep well.

The adolescent period is characterized by the onset of puberty which is the final growth spurt of childhood. Maturation of children varies widely. Boys tend to mature later than girls. This fluctuation in development accounts for the wide differences in metabolic rates, in requirement of food and in scholastic capacity.

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