

A decorative border surrounds the central text, featuring stylized leaves in shades of blue, teal, and red, along with small circular accents in matching colors.

Healthy food For teens

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Properly selected food for teens has a big importance in the growth of the body because in that period body needs “good materials” to complete all the changes properly



Why is it important ?

01


According to the statistics, about 30% chronic diseases of the teens are connected with bad nutrition

02

Recently, the number of teens with obesity has increased

03

Also, there is lack of such vitamins as C, B1, B2, iodine, zinc etc.





The main rules to stay healthy.

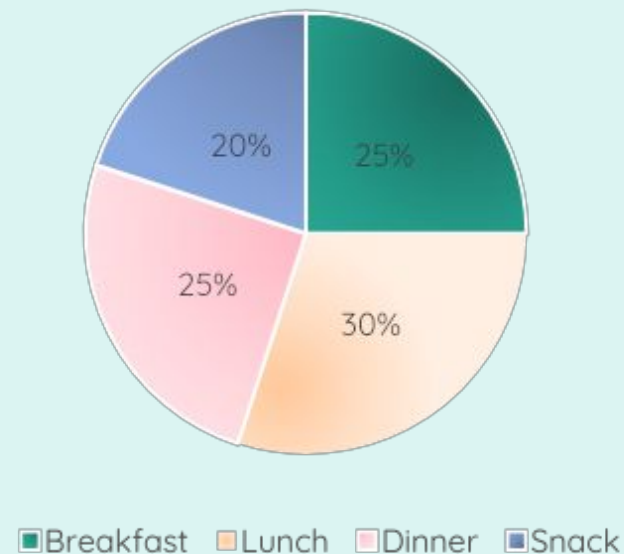
Doctors recommendations



A very important principle

Rational adolescent nutrition-compliance with the caloric content of the diet with the energy expenditure of the body.

Teens energy consumption is much higher than adults. the energy value of the girls nutrition is 2600-2990 kcal., boys is 3000-3500kcal. The daily caloric content is distributed between meals:



The main guarantee of a balanced nutrition

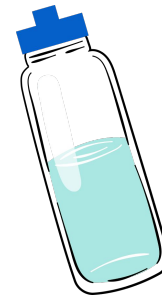
The balance of the teens nutrition is achieved by including a diverse list of foods in the diet. The daily diet of a teenager should include vegetable and butter, meat, milk, fermented milk drinks, as well as wheat and rye bread (in each meal). Eggs, fish and cheese can be included in a week or two or three.

- In a rational diet, the following ratio is provided: proteins, fats, carbohydrates-1:1:4



Importance of water

It should be mentioned that water has a great effect on the nutrition of a teenager, because it is water that is part of the cells and tissues of the human body, it provides about 65 % of the human body weight.



- Teenager needs 50 ml of water per 1 kilogram of his body weight.



Thanks !