

Teen Nutrition



Daily Food Needs By Age

Age	<u>13-15 years</u>	<u>16-18 years</u>
Calories	1,800-2,200	1,600-2,200
Fruits	1 ½ cups	1 ½ cups
Vegetables	1 ½ -2 cups	1 ½ - 2 cups
Grains	6 - 8 oz	5 - 8 oz
Protein <i>(Meat, Chicken, Fish, Beans, Soy, Nuts, Eggs)</i>	6 - 8 oz	6 - 8 oz
Milk, Yogurt, Cheese	4 cups	4 cups
Oils and Fats	6-8 tsp	5-8 tsp

Purpose of this Diet

The purpose of the teen diet is to eat healthy and promote normal growth and development, while minimizing junk food and other items that don't contribute good nutrition.

People choose to eat healthy for a variety of reasons. This includes general well-being, sports/training, and to improve overall appearance.

Foods/Ingredients to Add



- Protein, dairy, fruit and vegetable at every meal
- Whole grains
- Variety of different colored produce

Foods/Ingredient to Avoid



- Fried foods
- Food containing "trans" fats or "hydrogenated" fats
- Large amounts of processed foods (1-2 servings per day is okay)
- White/refined grains (white bread, white rice, white potatoes without the skin)

Do I need any supplements?

Most teenagers benefit from supplemental vitamin D. 1000 IU per day is a good target and is available in many over-the-counter forms. All teens need to be aware that calcium needs are high for bone development. If you have fewer than 4 cups of dairy per day, you definitely need a calcium supplement of 500-1000mg/day as well. For vegetarian diets, females additionally need a multivitamin with iron. Males typically do not need extra iron.

