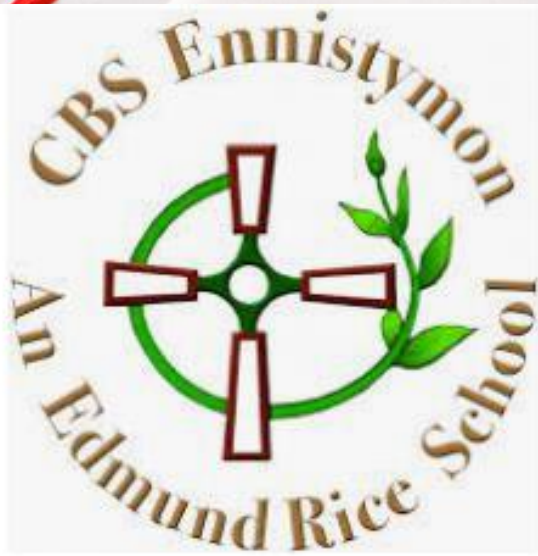




*Grainne Travers*  
NUTRITION



*Nutrition & Teenagers*

Oct 20<sup>th</sup> 2021



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Part 1:  
Getting the Basics  
Right



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## Teenager/ young adult:

- Growth spurt
- Higher need for calories
- “ravenous” “I’m Starving”
- 3 meals and 2 or 3 snacks a day
- Physical movement
- Sleep



**CARB:** Energy, Fuel

**Proteins:** Growth

**Fat:** Numerous functions including concentration, immune system, often overlooked. Essential

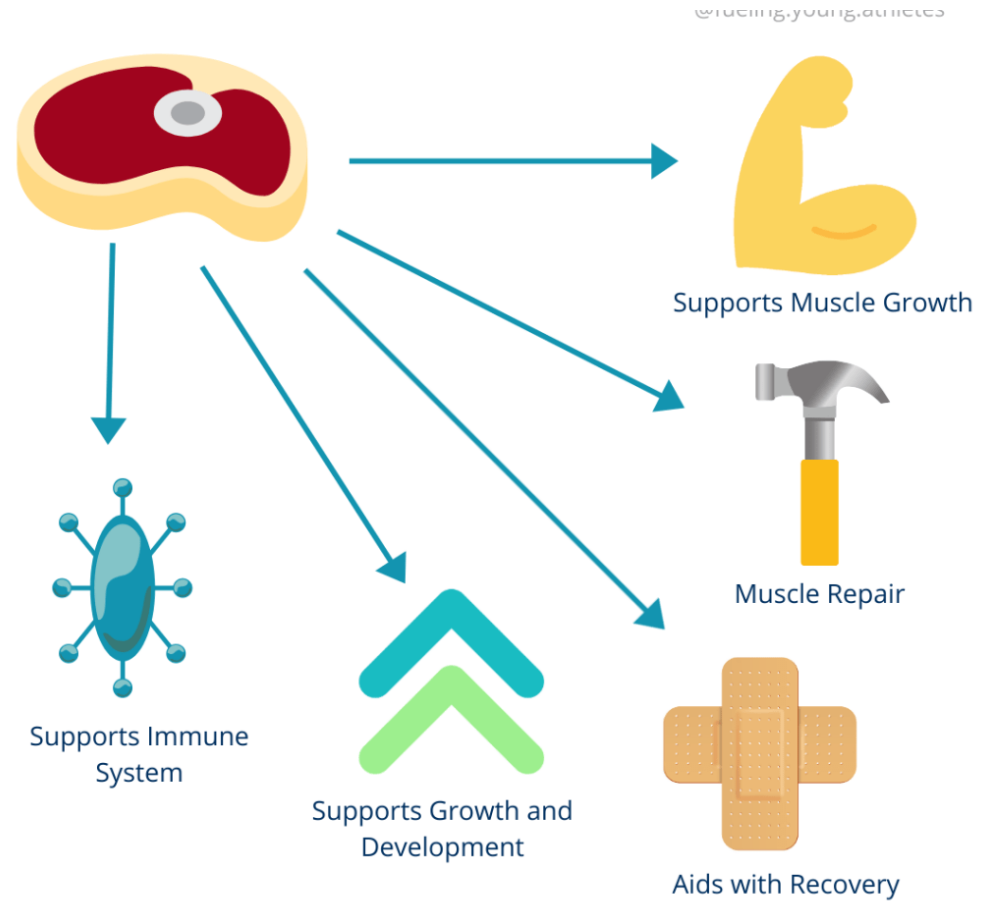
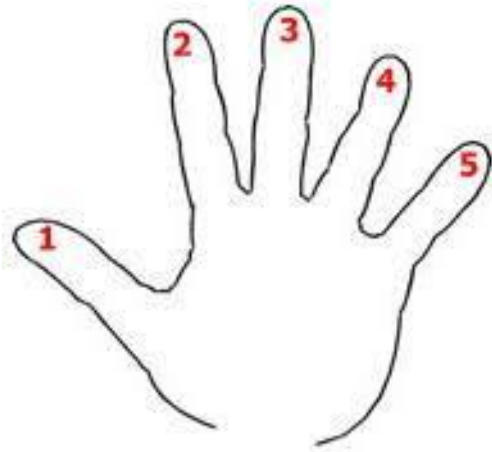
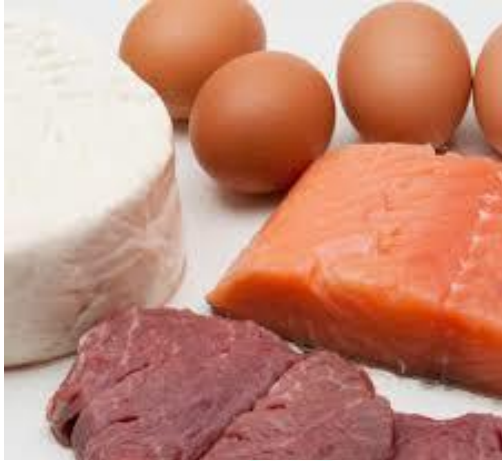
**Micronutrients:** Fruit and Vegetables for all vitamins and minerals

**Hydration:** Key for energy, overall health



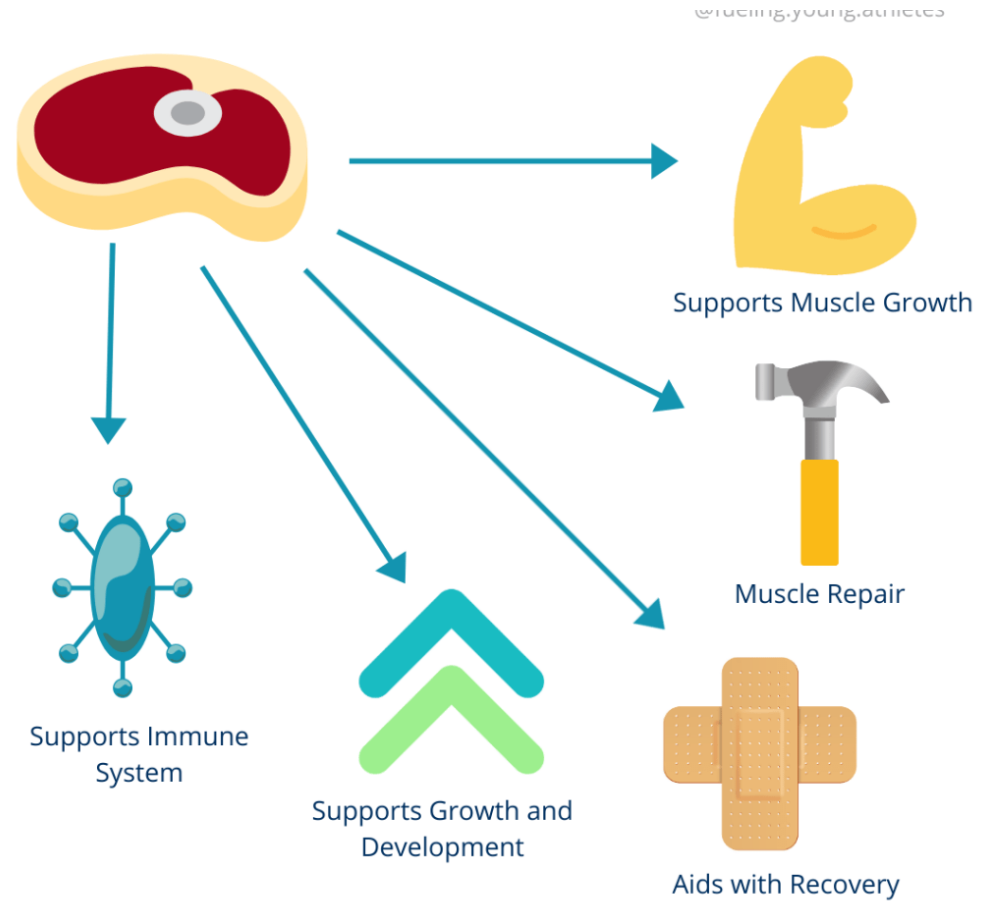
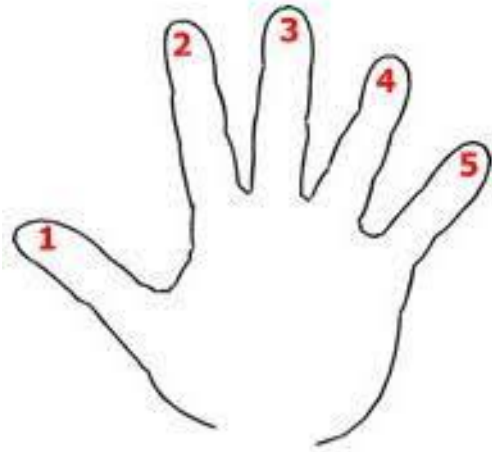
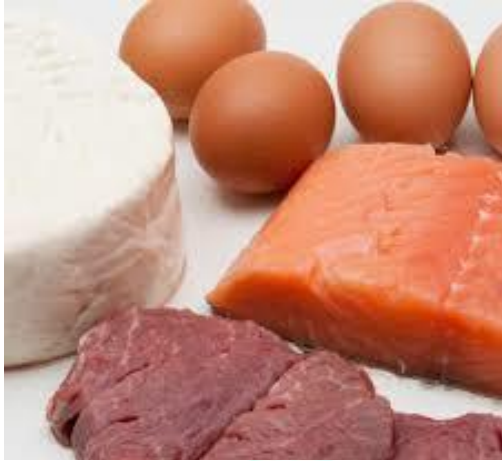


# 2. Protein



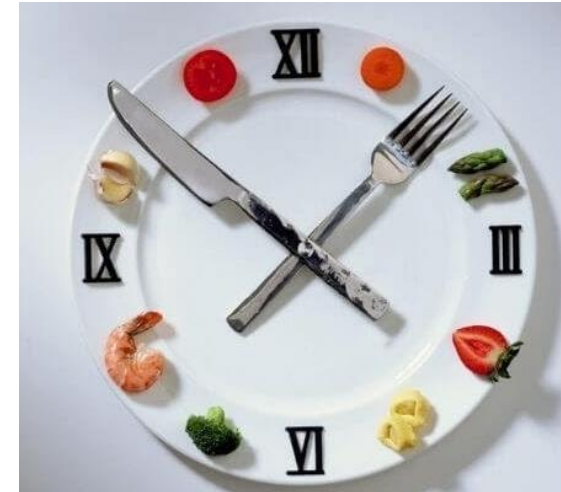


# 2. Protein



## 2. Protein

- Include protein at each meal
- Eggs, meat, fish, beans, lentils, cheese, dairy, nuts, seeds, grains
- Commonly left out at breakfast and snacks
- Choose good quality and variety



**IS IT BETTER TO  
SPREAD YOUR  
PROTEIN INTAKE  
EVENLY THROUGHOUT  
THE DAY?**





# 3. FAT



Immune system  
Concentration  
Helps you absorb key  
vitamins  
Hormone development



# Fruit and Vegetables






**Eat** the Colors of the **Rainbow**



# How Much a day?

## HOW MUCH FIBER PER DAY?










The Institute of Medicine recommends:

Children		Amount:
	1 - 3 years	19g
	4 - 8 years	25g
Adult Males		
	19-50 years	38g
	>50 years	30g
Adult Females		
	19-50 years	25g
	>50 years	21g
	pregnancy	28g
	lactation	29g

DIET vs  
DISEASE



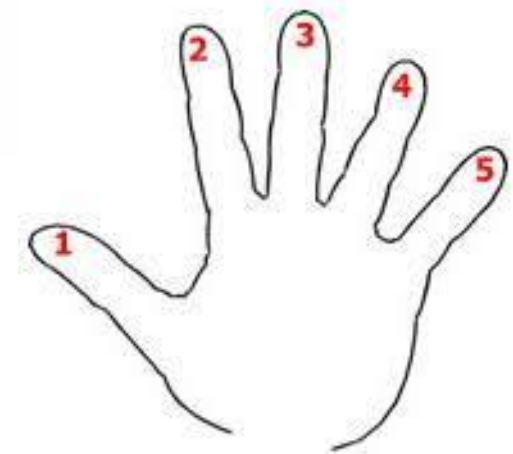
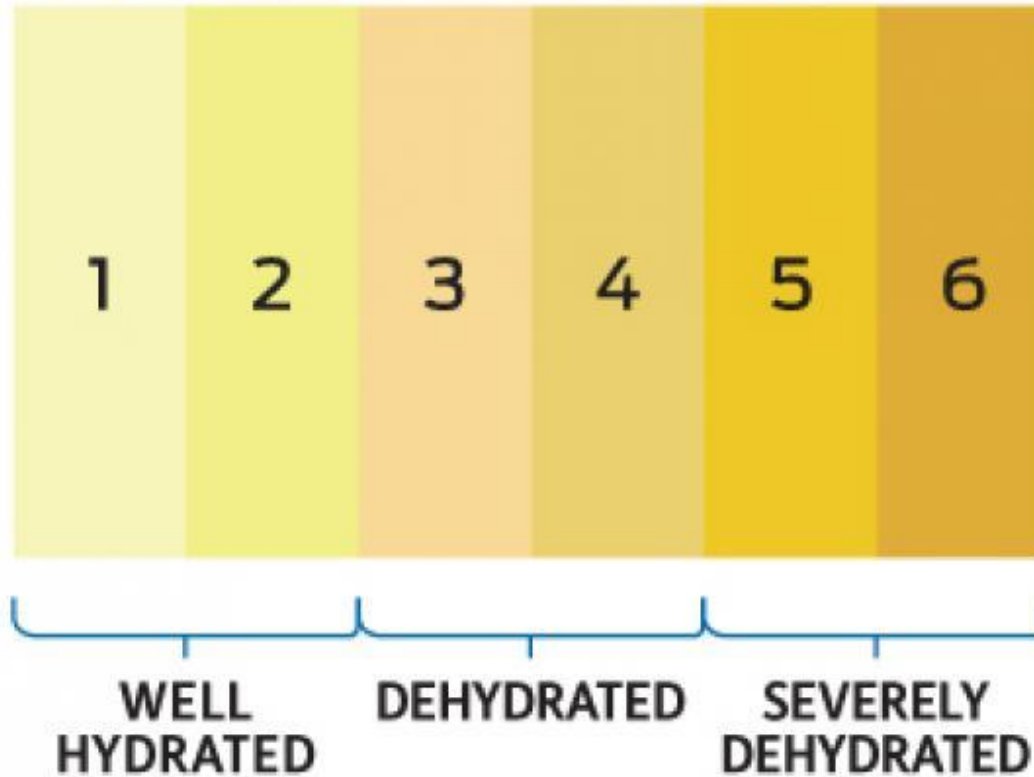
## HIGH-FIBER FOODS THAT HELP YOU POOP

	Amount	Total Dietary Fiber (gm)	
	Prunes, dried	5 prunes	3.5
	Orange	1 fruit	3.1
	Apple w/ skin	1 large	5.4
	Banana	1 large	3.5
	Raspberries	1/2 cup	4.0
	Lentils	1/2 cup	7.8
	Almonds	1/4 cup	4.5
	Cooked artichoke hearts	1/2 cup	7.2
	100% bran cereal	1/2 cup	12.5



# Fluid and Hydration

## CHECK YOUR URINE!

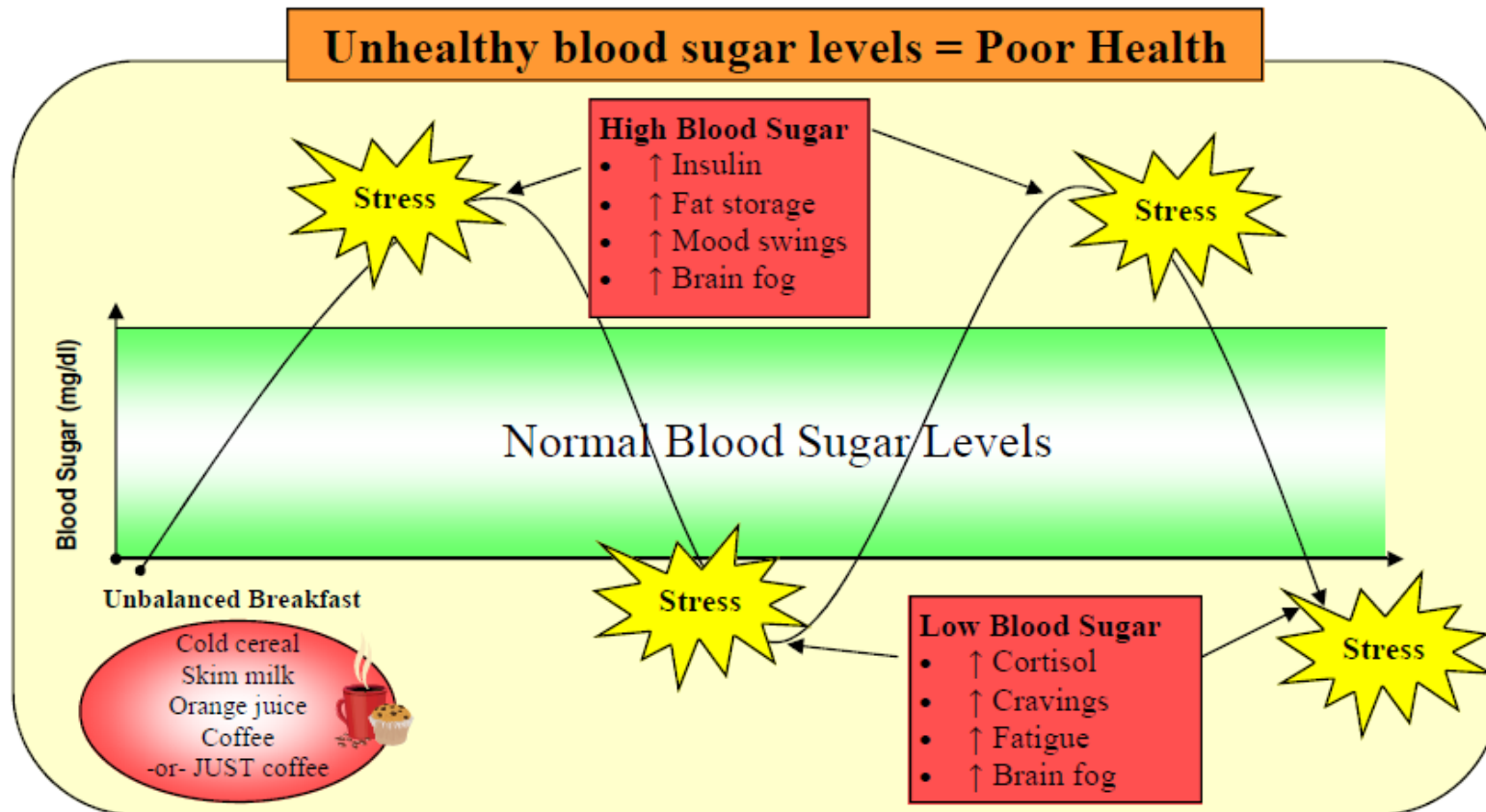


Part 4:

- Energy balance
- Sugar

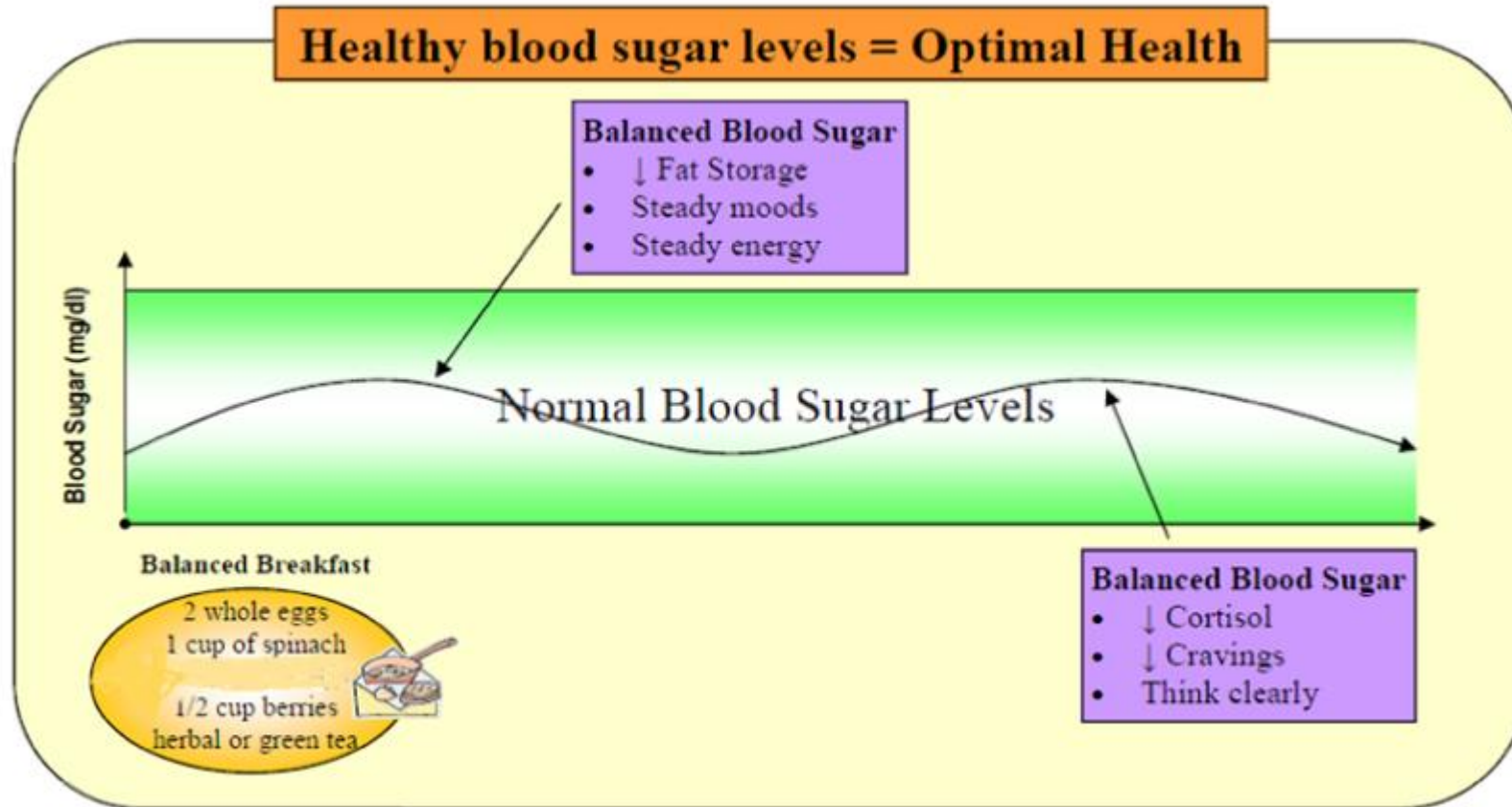


# Blood Sugar

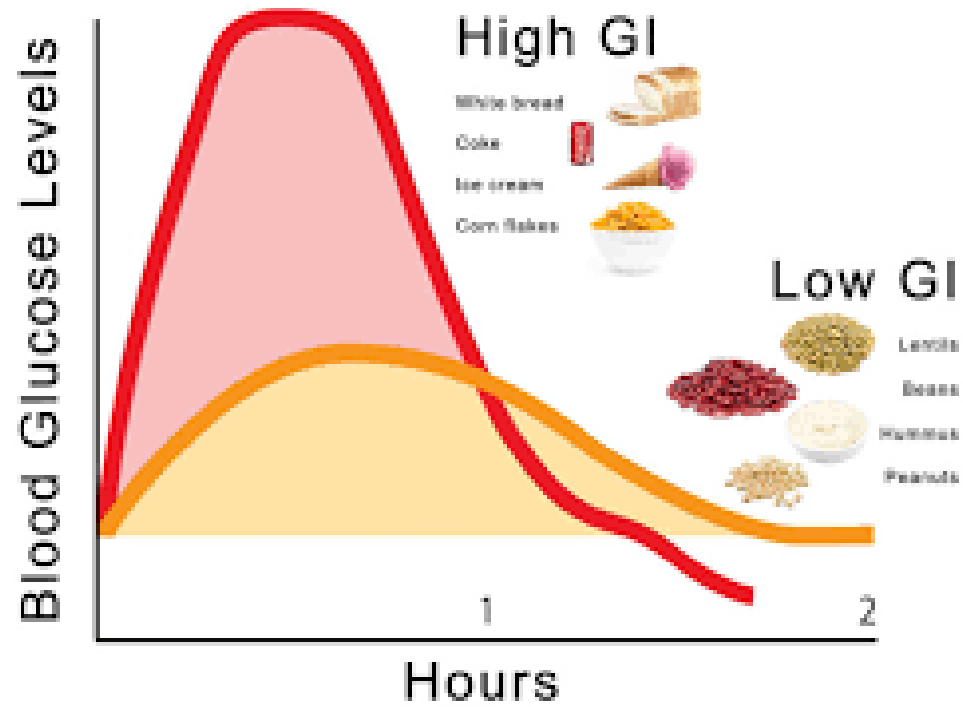




# Blood Sugar



# Blood Sugar



# Blood Sugar

- Reduce intake of sugar and refined carbohydrates. Choose wholegrains (rice, oats, quinoa, breads, pasta) , lentils, beans, nuts, seeds, vegetables and fruit
- Eat regularly – 3 meals a day
- Have some **PROTEIN** / **GOOD FAT** with every meal & snack- fish, chicken, tuna, nuts & seeds, cheese, dairy, eggs, beans and pulses
- Contribute to improved energy, mood, concentration and stable weight!





## Part 6: Sleep



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# Sleep

## Why does your teen have trouble sleeping?

Percent of parents reporting their teen has trouble falling asleep or staying asleep

Won't get off electronics/social media/phone

56%

Irregular sleep schedule due to homework/activities

43%

Worry about school

31%

Worry about social life

23%

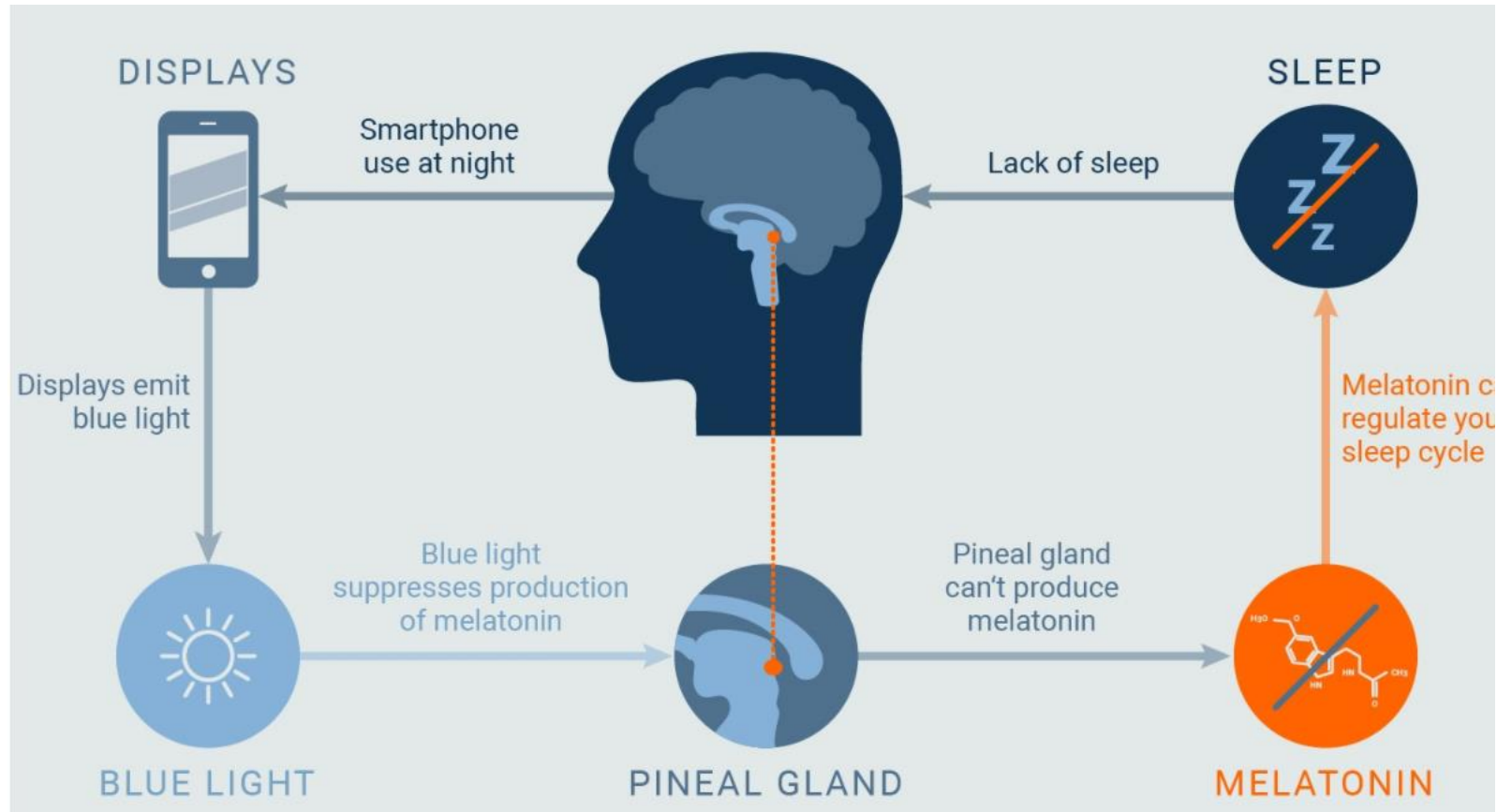
Health problem/  
medication

10%

Source: C.S. Mott Children's Hospital  
National Poll on Children's Health, 2018



Tips:





Tips:



**The National Sleep Foundation (NSF)  
Daily Sleep Recommendations**

- Newborns (0 – 3 months): 14 – 17 hours
- ★ Infants (4 – 11 months): 12 – 15 hours
- ★ Toddlers (1 – 2 years): 11 – 14 hours
- Preschoolers (3 – 5): 10-13 hours
- School age children (6 – 13): 9 – 11 hours
- Teenagers (14 – 17): 8 – 10 hours
- Younger adults (18 – 25): 7 – 9 hours
- Adults (26 – 64): 7 – 9 hours
- Older adults (65+): 7 – 8 hours



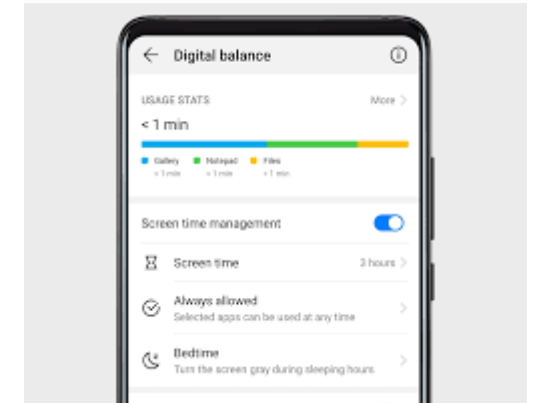
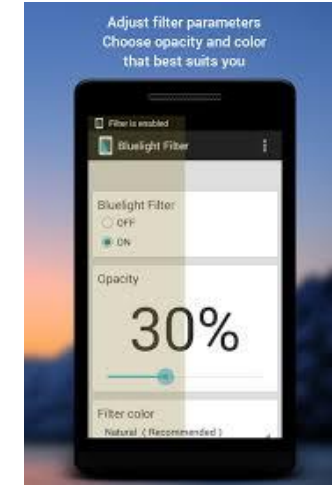
# Study and Sleep

- MIT Study showed a direct link between the amount of sleep a student got and their grades
- Going to bed later results in poorer performance
- Quality of sleep (REM) also impacted performance
- Students who **got just** 6.5 hours of sleep were down 50 % from students who got 1 hour more!!



Tips:

- Blue light filter/ blue light glasses
- Digital wellness / Balance on phone settings
- Leave phone out of room
- Dim lights in evening/black out curtains
- Set a bed time routine for the family



## Part 7: What's On the Menu



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A top-down photograph of numerous fresh, bright red strawberries scattered across a light grey surface. The strawberries are cut into various sizes, including whole ones and halves. The text "WHAT'S ON THE MENU?" is overlaid in large, bold, white, sans-serif capital letters in the center of the image.

# WHAT'S ON THE MENU?



# Breakfast



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# Smoothie tips



## Smoothie:

### Breakfast Smoothie (take 1 or two from each list)

**Base:** Green veg- celery, spinach, kale, broccoli, carrots, avocado, beetroot

**Fruit:** berries, banana, apples, oranges etc.

**Carb:** Oats (banana also counts here as does higher sugar fruit like grapes, pineapple, mango, honey)

**Protein:** Greek natural yoghurt, chia seeds, nuts and seeds, peanut butter and other nut butters, milk or almond milk

**Fat:** nuts and seeds, avocado, coconut milk

**Liquid:** water, coconut water

**Other great additions:** Cacao powder, ginger, basil, chilli, turmeric





# School Lunch

- Brown Rice or pasta with chicken/ tuna and vegetables
- Wholemeal pitta bread with salad mix and tuna, salmon, chicken or ham
- Soup – bring it in a flask JUST REMEMBER PROTEIN
- Chicken skewers and brown bread
- Fluid: Water best choice



# Snacks – home and school





# Dinner- EAT with Colour



# Healthy Convenience



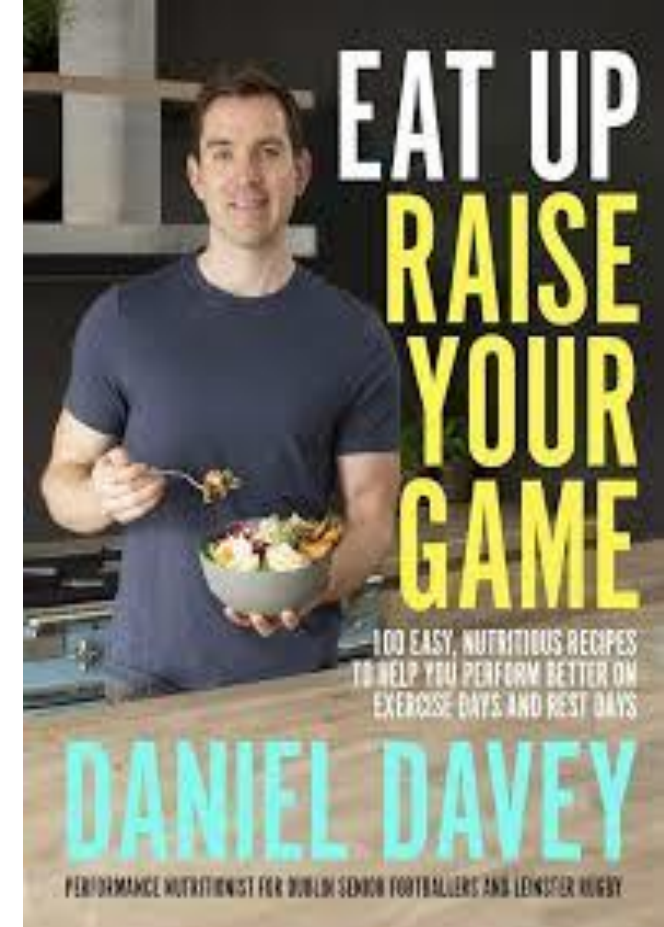


# Healthy Convenience



# Final Thoughts

- Great opportunity now to learn about nutrition
- Beneficial to the whole family
- Get them cooking (and cleaning!)
- Aim for 3 meals and 2 snacks a day with your Teenager esp. to support growth
- Remember its Real food ! But also there is no such thing as perfection!
- Set days for treats to enjoy x 2 a week (80/20%)
- Start with small changes or focus on improving one meal at a time!







*Thank You... Any Questions*



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