

Reproductive Health



Reproductive health

- State of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and to its functions and processes

Why nutrition is necessary for the adolescents

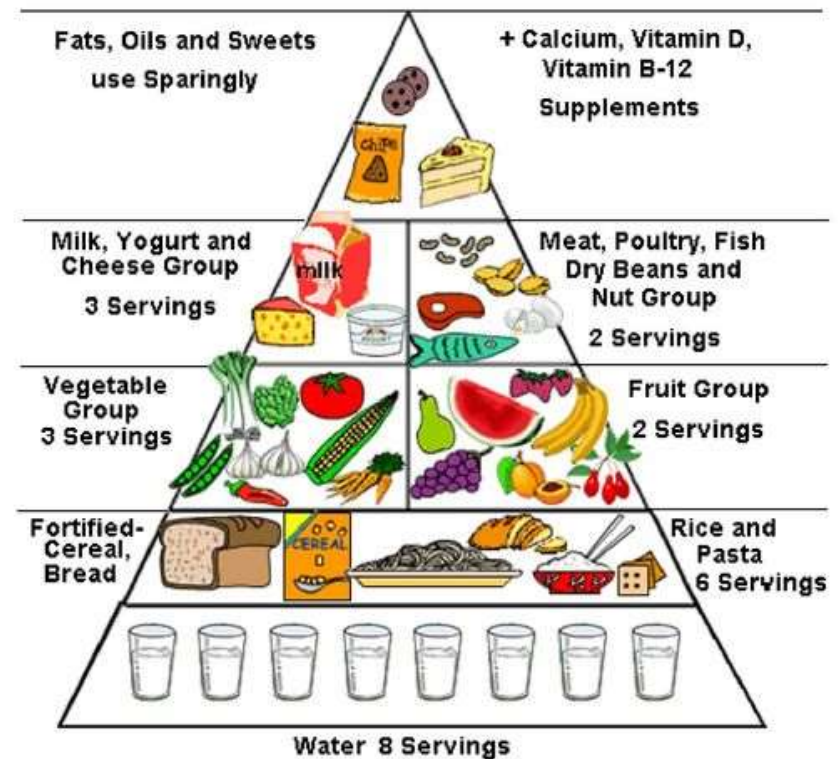
- The phenomenal growth that occurs in adolescence, second only to that in the first year of life, creates increased demands for energy and nutrients.
- Nutrition and physical growth are integrally related; optimal nutrition is a requisite for achieving full growth potential.
- Nutrition is also important during this time to help prevent adult diet-related chronic diseases, such as cardiovascular disease, cancer, and osteoporosis.
- Prior to puberty, nutrient needs are similar for boys and girls. It is during puberty that body composition and biologic changes (e.g., menarche) emerge which affect gender-specific nutrient needs
- Nutrient needs for both males and females increase sharply during adolescence. Nutrient needs parallel the rate of growth, with the greatest nutrient demands occurring during the peak velocity
- At the peak of the adolescent growth spurt, the nutritional requirements may be twice as high as those of the remaining period of adolescence.



Adolescent Nutritional Needs and Benefits

Nutritional Needs

- Five or more servings of fruits and vegetables
- Sufficient intake of water per day
- Proper servings of grains, dairy, healthy fats and animal products





Nutrition in Adolescence

- Puberty and continued organ system development
 - Changes in body composition
 - Growth rates and nutritional requirements for boys and girls diverge
 - Total needs greater than at any other time of life!
- Adolescent growth spurt: 18-24 month period of rapid growth
 - Girls: 10-13 years of age
 - Boys: 12-15 years of age
- Nutritional status both during and leading up to this time affects growth and sexual maturation

