

Adolescent nutrition



- Increased nutritional needs at this juncture relate to the fact that adolescents gain up to 50% of their adult weight, more than 20% of their adult height, and 50% of their adult skeletal mass during this period.
- Caloric and protein requirements are maximal. Increased physical activity, combined with poor eating habits and other considerations, e.g. menstruation and pregnancy, contribute to accentuating the potential risk for adolescents of poor nutrition.

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E Durkheim



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