

ADOLESCENT NUTRITION AND HEALTH



Adolescent years (10 to 19 years) are an important phase of transition from childhood to adulthood.

Adolescence is characterized by:

- ✓ Rapid physical growth
- ✓ Rapid mental development
- ✓ Reproductive maturity



IMPORTANT POINTS OF CONSIDERATION DURING ADOLESCENCE



Correct eating habits



Mental health



Sexual and reproductive health



Prevent substance misuse



Menstrual hygiene management



Prevent injuries and violence

BY ADOPTING CORRECT HABITS, ADOLESCENTS CAN AVOID MALNUTRITION, OBESITY AND OTHER DISEASES IN THE LATER LIFE



Eat balanced diet



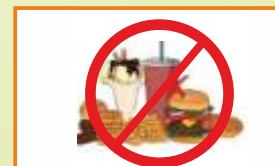
Adopt active life style



Eat iron rich foods



Consume IFA tablets



Avoid junk, fatty and fried foods



Do not consume alcohol, tobacco and cigarette

For more information, contact Self Help Group member of your area.

Contact ANM /ASHA/AWW for more information on Adolescent Friendly Health Clinics (AFHCs) and other related services in your area.