

ADOLESCENT NUTRITION AND HEALTH

PROPER HEALTH AND NUTRITION DURING ADOLESCENCE ENSURES HEALTHY LIFE THROUGHOUT

Adolescence (10 to 19 years) is an important phase of transition.

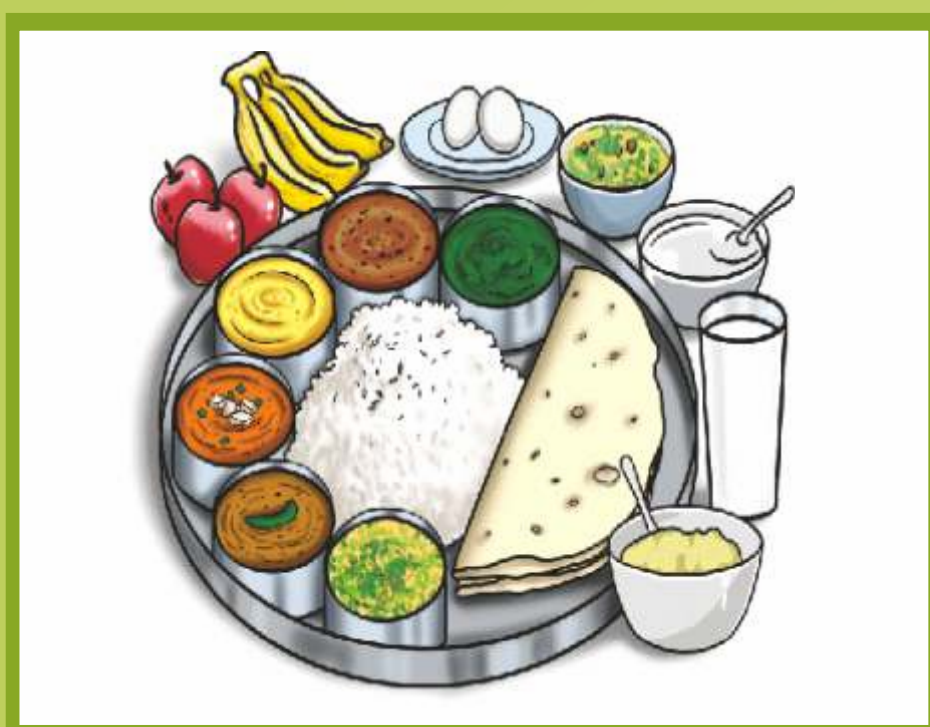


It is characterized by

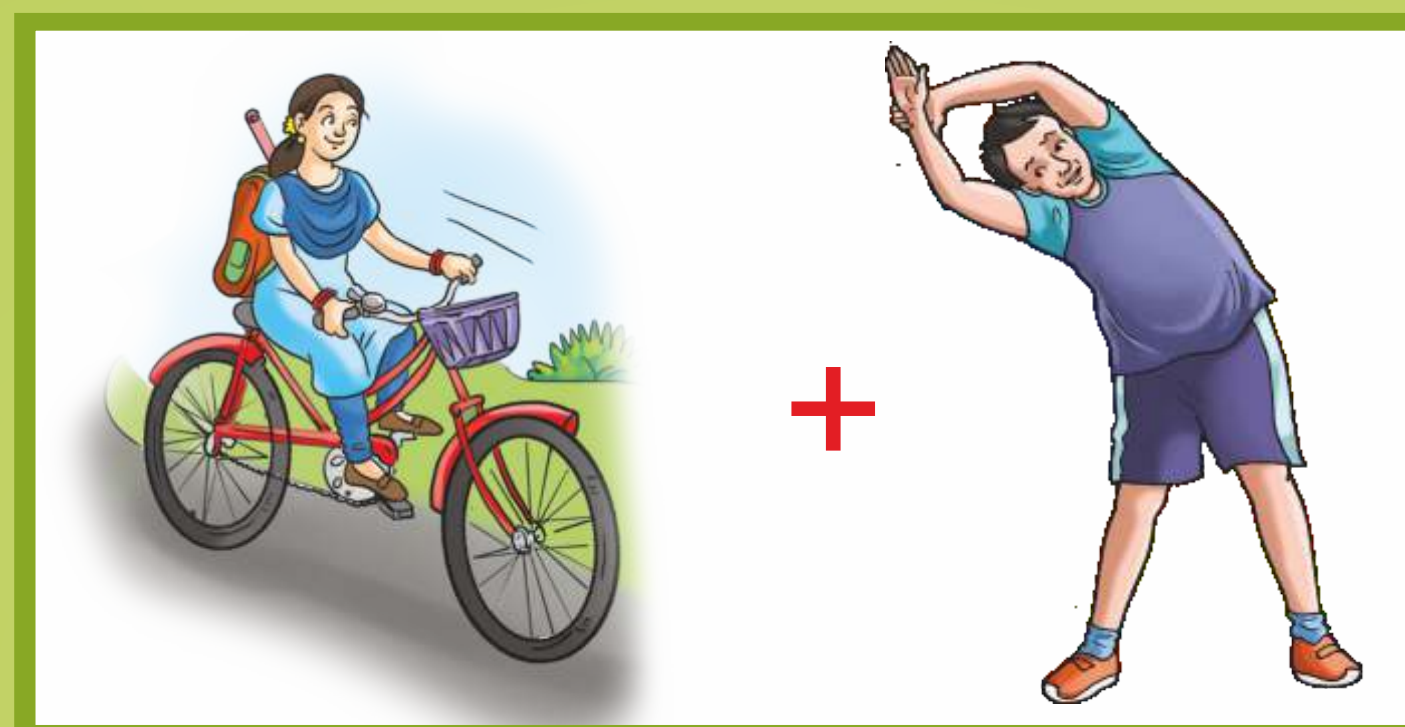
- ✓ Rapid physical growth
- ✓ Rapid mental development
- ✓ Reproductive maturity



By adopting correct habits, adolescents can avoid malnutrition, obesity and other diseases in the later life.



Eat balanced diet



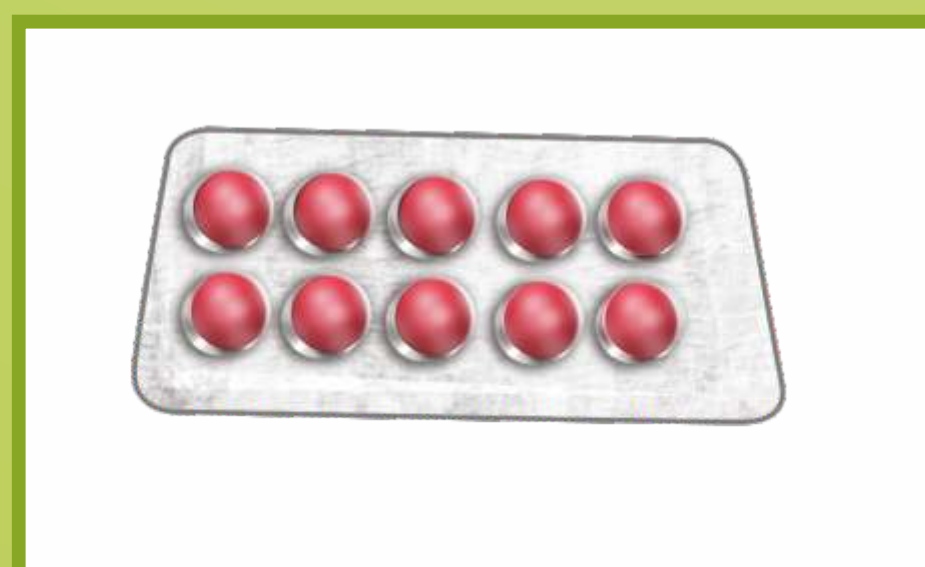
Adopt active life style



Avoid junk, fatty and fried foods



Eat iron rich foods



Consume IFA tablets



Do not consume alcohol, tobacco and cigarette



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

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