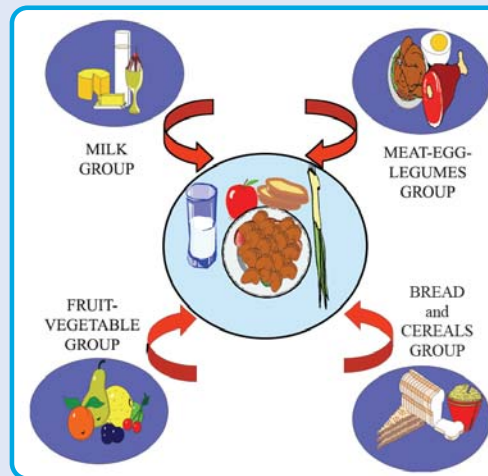


## Dear Young Ones;

Now you are no longer children, but are becoming adults. These years, when you are turning into adults, are fundamental years for you to have a healthy life in the future.



For example; as much as consuming adequate amounts of milk and dairy products at these ages may affect your height, it will also protect your bone health when you become an adult and in your old ages. Again, acquiring the habit of healthy nutrition will help you avoid diseases you may encounter in the future such as obesity, coronary diseases, diabetes, and hypertension. It is essential that you make the most of this important period through adequate and balanced diet, and make it a habit throughout your life.



**Your need for energy and nutrition is at its peak in this period when growth is fast and your body gains shape. To meet this need, you should consume suggested amounts of the all four food groups in every meal.**

## KEEP IN MIND!

We know that right now your appearance is very important. However, each individual has a unique body structure; your weight should be stated according to your height, physical development, age, and activity levels. To do this you may take help from a health professional.

- You should start the day with a balanced breakfast to be more energetic, to have better perception, memory, and to be better at problem solving.
- Do you want to look beautiful/handsome? Get adequate and balanced nutrition.
- For safety, do not eat things sold in the street.



## KEEP IN MIND!

- Instead of foods with low nutritious value and high energy, foods with too much oil and salt, you should prefer foods prepared at home like vegetables, salads, yogurt, desserts made with milk. If you are to go to fast food restaurants, you should prefer healthy options like hamburger along with ayran (drink made with yogurt) or fruit juice and salad.
- Drink at least 2 glasses of milk every day.
- Eat at least 5 portions of fruits and vegetables every day.
- Do not apply random diets. Consult a dietician.



## KEEP IN MIND!

- Try to do regular exercises.  
For this:
  - Have talks with your friends while walking instead of talking on the phone.
  - Join a gym.
  - Try to join the school team.
  - If possible, walk to school. Do not take the school bus.
  - Spend less time in front of the TV or the computer.



HEALTHY  
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THE MINISTRY OF HEALTH  
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# ADOLESCENTS and NUTRITION

