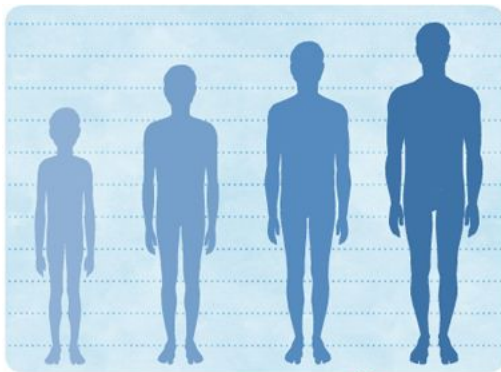
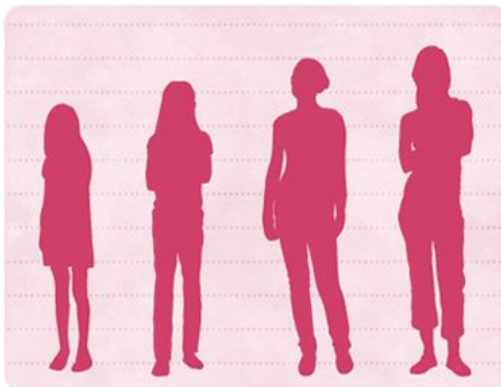


Adolescence (age 11-18) is the transition from childhood to adulthood.

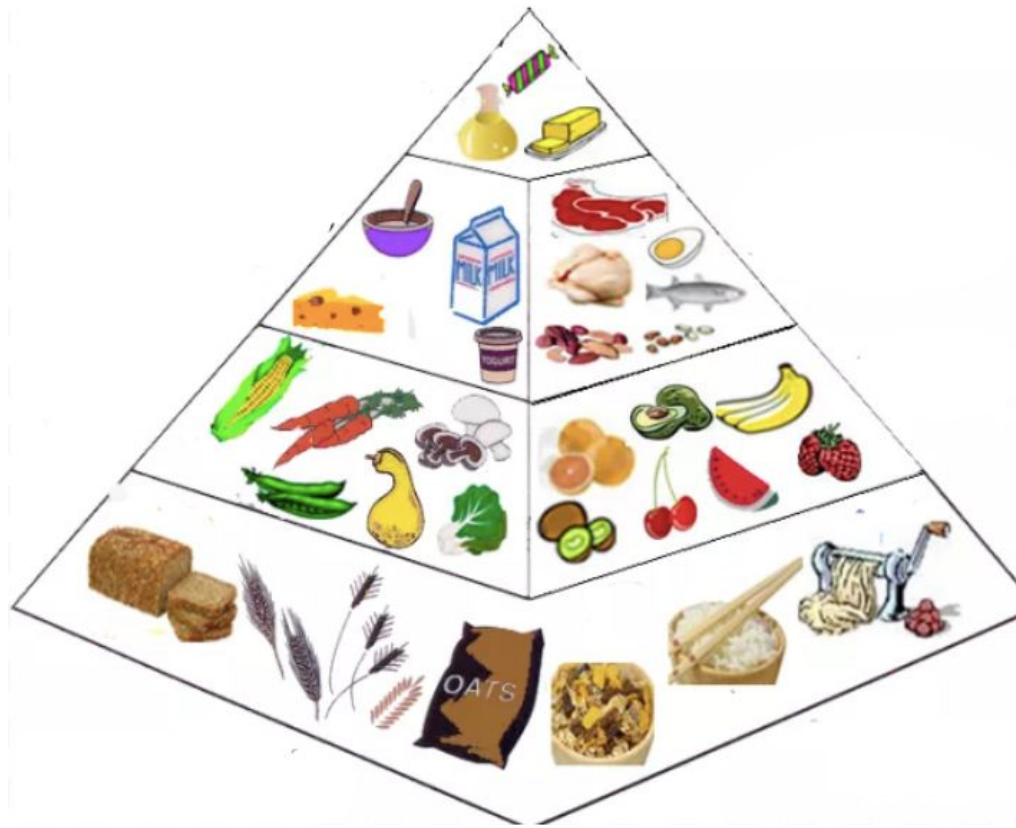


11 13 15 18



During this time the body undergoes several drastic changes. A diverse diet is necessary for the body to grow during this time.

What is diet diversity?
A combination of macronutrients and micronutrients.



carbs



proteins



fats



Eating foods from all food groups results in adequate nutrition and growth.



Diverse Diet for Adolescents



Eat diverse foods in order to...



grow into healthy adults...



and continue this pattern for new generations.



Statistics

Body Mass Index of Adolescent Girls in Uttnoor
NFB Baseline Survey Data

