Energy and Nutrient Requirements of Adolescents

- Increases in lean body mass, skeletal mass and body fat
- Energy & nutrient needs during adolescence exceed those of any other point in life
- Needs correspond to physical maturation stage

Nutrient Requirements In Adolescence

John I. McKigney, Hamish Nisbet Munro

Nutrient Requirements In Adolescence:

Nutrient Requirements in Adolescence John I. McKigney, Hamish Nisbet Munro, 1975 **Nutrient Requirements in Adolescence** John I. McKigney, Hamish Nisbet Munro, 1976 Adolescent Nutrition Vaughn I. Rickert, 1996 A comprehensive reference that focuses on the nutritional requirements that are unique to adolescent development 12 21 years clinically useful assessment strategies and management strategies to enhance the nutritional status of adolescents Sections cover general issues and developmental factors such as exercise and contraception competitive athletics diets psychosocial concerns including body image and behavior change chronic illness including HIV and AIDS and nutritional assessment and management strategies for surgical procedures including organ transplants and plastic surgery A case illustration in every chapter summarizes clinical considerations Annotation copyright by Book News Inc Portland OR Management of the Pregnant Adolescent Mary Story, 1990 Abstract This manual is written for those health care providers and educators involved in the care of pregnant adolescents including nurses midwives nutritionists and physicians The objective of the manual is to improve the health and nutritional status of pregnant teenagers and thus promote a healthy pregnancy outcome The document focuses on clinical application of current knowledge emphasizing assessment counseling approaches and strategies to promote dietary change and adequate weight gain Handbook of Nutrition and **Pregnancy** Carol J. Lammi-Keefe, Sarah C. Couch, Elliot Philipson, 2008-06-01 The Nutrition and HealthTM series of books has an overriding mission to provide health professionals with texts that are considered essential because each includes 1 a synthesis of the state of the science 2 timely in depth reviews by the leading resear ers in their respective fields 3 extensive up to date fully annotated reference lists 4 a detailed index 5 relevant tables and figures 6 identification of paradigm shifts and the consequences 7 virtually no overlap of information between chapters but targeted inter chapter referrals 8 suggestions of areas for future research and 9 balanced data driven answers to patient health professionals questions which are based on the totality of evidence rather than the findings of any single study. The series volumes are not the outcome of a symposium Rather each editor has the potential to examine a chosen area with a broad perspective both in subject matter as well as in the choice of chapter authors The international perspective especially with regard to public health initiatives is emphasized where appropriate The editors whose trainings are both research and practice oriented have the opportunity to develop a primary objective for their book define the scope and focus and then invite the leading authorities from around the world to be part of their initiative. The authors are encouraged to provide an overview of the field discuss their own research and relate the research findings to potential human health consequences Cumulated Index Medicus ,1976

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