# Nutritional Needs of Adolescence

- Due to rapid growth and development at adolescence stage, you have greater need for certain nutrients.
- As appetite is also likely to increase, it is important that food choices are made carefully.
- Good dietary guidance has three important elements: pyramid, plate, and real food.

# **Nutrition In Adolescence**

**Anthony S. Fauci** 



Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Nutrition In Adolescence**. This emotionally charged ebook, available for download in a PDF format (\*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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