Normal Psychosocial Development

• Three periods of psychosocial development:
  – Early adolescence (11 to 14)
  – Middle adolescence (15 to 17)
  – Late adolescence (18 to 21)
Health and Eating-related Behaviors during Adolescence

- The model depicts 3 interacting levels of influence on adolescent eating behaviors
  - Personal or individual
  - Environmental
  - Macrosystem
Vegetarian Diets during Adolescence

• About 4% of adolescents report following a vegetarian diet.

• Reasons adolescents adopt a vegetarian diets include:
  – Cultural or religious beliefs
  – Moral or ethical concerns
  – Health beliefs
  – To restrict fat and/or calories
  – A means of independence from family
### Daily Food Guide for Vegetarians

#### Table 4.4 Suggested daily food guide for lacto-ovo and vegan vegetarians 
11 years and older requiring 2200–2800 Kcals per day

<table>
<thead>
<tr>
<th>Food Groups</th>
<th>Lacto-Ovo Vegetarians</th>
<th>Vegan Vegetarians</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breads, grains, cereal</td>
<td>9–11</td>
<td>10–12</td>
</tr>
<tr>
<td>Legumes</td>
<td>2–3</td>
<td>3 or more</td>
</tr>
<tr>
<td>Vegetables</td>
<td>4–5</td>
<td>5 or more</td>
</tr>
<tr>
<td>Fruits</td>
<td>4</td>
<td>4 or more</td>
</tr>
<tr>
<td>Nuts, seeds</td>
<td>1</td>
<td>4–6</td>
</tr>
<tr>
<td>Milk, yogurt, cheese</td>
<td>4</td>
<td>—</td>
</tr>
<tr>
<td>Soy, almond or rice milk</td>
<td>—</td>
<td>4</td>
</tr>
<tr>
<td>(fortified with calcium and vitamin D)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td>½–1</td>
<td>—</td>
</tr>
</tbody>
</table>
Total Fat and Essential Fatty Acid Intake of Vegan Adolescents

• Vegans may have inadequate intakes
  – Total fat
  – Essential fatty acids especially alpha-linolenic acid

• Encourage intakes of
  – Soy products: Soybean oil & Soybeans
  – Flaxseed, Walnuts, Tofu
  – Walnut oil, Canola oil
  – Eggs
Nutrient Intakes of Adolescents

• U.S. adolescents have inadequate intake of vitamins & minerals including:
  – Folate
  – Vitamins A, B6, C, & E
  – Iron & zinc
  – Magnesium
  – Phosphorus & calcium
Vitamin D Requirements for Adolescents

• Vitamin D-fat soluble:
  – Essential role in facilitating intestinal absorption of calcium and phosphorus
  – Essential for bone formation
  – Synthesized by the body via skin exposure of ultraviolet B rays of sunlight
  – Food sources: fatty fish, fish oils, egg yolks of hens fed Vitamin D fortified feed
  – Majority of Vitamin D from Vitamin D fortified foods (milk, breakfast cereals, margarines, and some juices)
Nutrition Screening, Assessment, and Intervention

- Nutrition screening should include a brief dietary assessment
  - Food frequency questionnaires
  - 24-hour recalls
  - Food diaries or Food Records

- Table 14.12 lists the advantages and disadvantages of each dietary assessment method

- Table 14.13 lists the nutrition risk indicators that may warrant further assessment and counseling
Nutrition Education and Counseling

Considerations when educating & counseling adolescents:

1) Initial component of session should involve:
   – Getting to know adolescent, including personal health or nutrition-related concerns
   – Providing overview of events & content of counseling session
Nutrition Education and Counseling

• Considerations when educating & counseling adolescents (cont.):
  2) Involve adolescent in decision-making process
  3) Encourage adolescent to suggest ways to change
  4) Work toward only 1 or 2 goals per counseling session
Factors Affecting Physical Activity

- Adolescents more likely to be physically active if they have:
  - Confidence in ability to exercise
  - Positive perceptions of activity or sports
  - Positive attitudes toward activity
  - Peer & family support
Factors Affecting Physical Activity

• Adolescents more likely to be physically active if they have (cont.):
  – Availability of:
    • Safe & convenient places to play
    • Sports equipment
    • Transportation to sports or fitness programs
Promoting Healthy Eating and Physical Activity Behaviors

- The Centers for Disease Control and Prevention
  - Published 2 reports
  - Provide a developmental framework for school programs
  - Guidelines for School Health Programs to Promote Lifelong Healthy Eating
  - Guidelines for School and Community Programs to Promote Lifelong Physical Activity Among Young People
Nutrition Education in Schools

• Average of 5 hours of nutrition & dietary behavior to high school students

• Teacher training typically increases the time spent on teaching nutrition in the classroom
Federal Requirements for School Wellness Policies

• Requirement #4
  – A plan for measuring implementation of the local wellness policy, including designation of one or more persons within the LEA or at each school charged with operational responsibility for ensuring that the school meets the local wellness policy