



Diet Information for Teens : Health Tips about Diet and Nutrition (Teen Health Series)

Karen Bellenir

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During the teen years, boys and girls complete their final major growth spurt before adulthood. For girls, these finishing touches add some fat pudding. Boys add muscle and increase their volume of blood. These changes often encourage girls to diet unnecessarily to stay slim, while boys may overeat to satisfy their appetites. Neither practice produces good results, and both can lead to health problems in future years.

This title in the Teen Health Series provides information about making good food choices, following nutrition guidelines, and coping with special dietary needs. It offers tips for planning breakfasts, lunches, dinners, and snacks. It describes the best and worst ways to try to lose weight, and it provides advice for people who want to gain weight. The book also describes the three major eating disorders that afflict teenagers: anorexia nervosa, bulimia nervosa, and binge eating disorder.

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