



ADOLESCENT CARE FOR BOYS FROM 15 TO 17 YEARS

www.northfultonpediatrics.com

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DIET/NUTRITION

Continue to have choices from the basic food groups at all meals and snacks and fill ½ your plate with fruits and veggies. It is not necessary to totally eliminate higher fat foods from your diet, rather eat them in moderation and balance them with more frequent servings of lower fat choices.

Milk & Dairy Products: At the peak of your growth spurt, both boys and girls need a daily calcium intake of 1,300 milligrams. In order to meet this calcium requirement, you should eat 4-6 servings of dairy products each day. 1% or skim milk is recommended. Other milk products include low fat yogurt, cottage cheese, ice cream & frozen yogurt. Calcium fortified orange juice is one good alternative for those who won't drink much milk. Other foods high in calcium include collards, spinach, broccoli, salmon and almonds. There are also calcium supplements such as Viactiv or antacids like Tums, which contain calcium carbonate. These products are absorbed well by most individuals.

Meat/Protein: Most adolescents require at least 50 grams of protein/day. Protein can be found in meat, fish, eggs, beans, nuts, soy products and dairy products.

Fruits & Vegetables: Fill ½ your plate with fruits and veggies at all meals and snacks.

Breads & Cereals: 5-6 servings per day. A serving size is 1 slice of bread, 1 ounce of cereal, or ½ cup pasta or rice.

- Limit "empty" calorie snacks such as soda, sport drinks, chips, candy and cookies. Instead try to eat fresh fruit, vegetables, nuts, cheese, popcorn & yogurt.
- Choose your fast foods carefully. Most of these items are high in calories and fat. Select items like grilled chicken or salads with lower fat dressing.
- Drink more water and limit sugar drinks. Limit soda intake since it can lower the level of calcium and phosphorous that your body absorbs.
- Since your body is rapidly growing during your teenage years, you require about 2,000 to 3,000 calories per day depending on your activity level.
- Most sports nutritionists feel it is better for you to get the extra energy you need through food itself (calories & protein), rather than from expensive supplements (powders or pills). Drink plenty of water during practice and competition. Increase your protein intake (from food) if you are working out hard.
- Discuss your interest in special diets (for example, vegetarian) with us.
- Remember if you need to lose weight, the most effective strategy is to gradually increase your activity and decrease your calorie intake. Avoid extreme of "fad" diets.

SLEEP

Most teenagers require approximately 9 hours of sleep per night. With the combination of homework, sports, social activities, TV and computer time, it is easy to become sleep deprived. Try to maintain a regular bedtime, especially during the school year.

ACTIVITY – A WAY OF LIFE – *Be active for at least 60 minutes a day.*

- Physical activity should become as routine a part of your life as eating and sleeping.
- Exercise increases energy and helps build stronger heart, lungs, bones, and muscles, and also promotes a positive attitude and alertness.
- You can choose to participate in team sports, exercise with your friends, or exercise on your own. Choose a form of exercise that fits your lifestyle and do it regularly. Be sure to warm up and cool down properly to keep from injuring yourself.
- Weight training with reps is excellent conditioning. Seeing how much you can lift at once (power lifting) can be harmful until your bones have fully matured (usually around age 18).
- Don't let the TV or computer become a major past time for you. Take the time to interact with your friends and family, and keep active. Limit all screen time to 1 hour a day.

ACNE AND SKIN CARE

- Acne is caused both by the effects of hormones on the skin's oil producing glands and infection. This leads to the appearance of redness, blackheads and pustules.
- A diet of French fries and pizza won't worsen acne (but we don't recommend it).
- Wash your face daily with a mild soap/cleansing agent and use an over the counter cream containing benzoyl peroxide for small flare-ups. Avoid picking, excessive scrubbing, or harsh soaps, as they can irritate the skin and worsen the acne.
- Some forms of acne require prescription medications to improve this condition, so check with us if you think you need this.

SEXUALITY

- Puberty is your body's transition to manhood, including the potential for parenthood. However, mentally, socially, financially, or emotionally, you are NOT yet ready to become a parent.
- Plain and simple – sex is a risky business. Over one million teens become pregnant every year. Also, one third of teens get a sexually transmitted infection (STI) within six months of having sex for the first time. Some STIs cannot be cured and some are fatal. STIs can happen to you or one of your friends.
- Some people might try to pressure you to do things that you don't want to do. Always remember that you are in charge of your body. Even in "the heat of the moment", try to think clearly about the consequences of your actions.

- At this time in your life, abstinence (choosing not to have sex at all) is always the healthiest choice. If you choose to have sex, ALWAYS make sure you use a condom during any and all sexual activity. Condoms do fall off and leak. Please seek adult advice in handling this situation within 24 hours.
- Remember, STIs can be transmitted through oral sex.
- If a person forcefully takes advantage of you sexually, tell an adult immediately.
- Many teenage girls on birth control pills do not remember to take it regularly, so this method of pregnancy prevention is not reliable. In addition, birth control pills do nothing to prevent STIs.

RELATIONSHIPS

- The relationship you have had with your parents often change during your teenage years. As they see you making wise choices, they will respect your choices.
- Your reliability in meeting curfew today will give your parents confidence in extending that curfew as time goes on.
- Your choices in friends will give your parents more assurance about letting you handle social situations in the future.
- Remember if you abuse your parents' trust in you, it is very hard to earn it back.
- Never choose someone as a date that you wouldn't have as a friend, and always remember that you are responsible for your own body and what you do with it.
- If you are worried about relationship issues, share it with someone who cares about you and can advise you.

SAFETY

- The biggest cause of death in adolescents is accidents...and most of them are preventable.
- Remember if you are learning to drive or already have your license, that driving is a privilege. Your actions affect everyone else on the road, so drive responsibly.
- If you take medicines to treat focusing and attention problems you should continue to take them when you drive.
- Always wear your seat belt in the car.
- Although you will be faced with exposure to drugs, alcohol and tobacco, resist the temptation. Drugs and alcohol don't solve problems, nor do they improve relationships. Learn to make independent judgments, no matter what your friends are doing or saying.
- In addition to the physical risks of using drugs and alcohol, there are also legal consequences of getting caught taking them.

Your next well check up visit should be in one year.

Books/Web Sites that you might find helpful

Visit our web site at www.northfultonpediatrics.com

What's Happening To My Body? Book for Boys, by L. Madaras and D. Saavedra

What's Going On Down There? by Karen Gravelle

www.kidshealth.org/teen/index.html (covers many subjects on teen health and safety)

<http://fyiowa.webpoint.com/fitness> (information on fitness and exercise for teens)

www.aap.org/bookstore

www.chop.edu/service/vaccine

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