

Adolescence dietary emphasises to effective healthy lifestyle.

Aslı Akdeniz Kudubes*

Department of Pediatric Nursing, Dokuz Eylul University Faculty of Nursing, Inciralti, Izmir, 35340, Turkey

Abstract

The food component of new moves, a school-based obesity prevention programme for teenage females, is described in this research. New Moves is a multi-component intervention that combines nutrition, social support, and physical activity sessions in an all-girls high school physical education class. Individual therapy sessions employing motivational interviewing techniques, follow-up group lunch meetings, and parent outreach initiatives are all part of New Moves. The nutrition component emphasises avoiding dieting and unhealthy weight-control behaviours in favour of adopting lifelong healthy eating habits such as increasing fruit and vegetable intake, decreasing sweetened beverage intake, eating breakfast daily, and paying attention to internal hunger and satiety signals.

The high prevalence of obesity among adolescents is of public health concern given its physical and psycho social consequences. While many factors contribute to the onset and maintenance of obesity, dietary behaviours play a major role. Dietary patterns that may increase risk for excessive weight gain in youth include large portion sizes low fruit and vegetable intake, high consumption of sweetened beverages. Frequent consumption of fast foods and skipping breakfast. Furthermore, dieting behaviours commonly used by adolescents may actually be contributing to excess weight gain. Frequent dieting and the use of unhealthy weight control behaviours such as diet pill use, self-induced vomiting, use of food substitutes, skipping meals for the purpose of weight loss, and fasting have been shown to be predict weight gain and overweight status over time.

Keywords: Magnesium deficiency, Food power, Clinical nutrition, Nutritional ecology, Food security.

What is healthy eating?

Eating a balanced diet is an important aspect of leading a healthy lifestyle and should be taught to children from a young age. The following are some general tips for assisting your adolescent in eating properly. Before making any dietary modifications or enrolling your teenager on a diet, consult with his or her health care professional many animal researches in *in vivo* and *in vitro* human trials have proved Spirulina to be commercialized and bought for healing purposes [1]. It seems to have a good sized capability for growing a key

Aim of dietary approaches to healthy weight management for adolescents

Dietary treatments for teenage obesity prevention must address this behaviour while also taking into account adolescents' lifestyle and developmental considerations. Schools are a great venue for reaching teenagers from varied ethnic and socioeconomic backgrounds who may not have easy access to treatments delivered in clinical or community settings [2]. This study explains the food component of New Moves, a high school-based obesity prevention programme for adolescent females that aims to improve eating habits,

physical activity traditions, body image, and general self-esteem [3]. Adolescents who are concerned about their weight, especially adolescent females, frequently engage in harmful diets and weight management activities rather than implementing appropriate nutritional lifestyle adjustments. In Project EAT, for example, 57% of all teenage females and 76% of those who had been overweight tend to participate in poor weight-control activities [4]. Several researchers have reported that dieting and unhealthy weight control strategies are unsuccessful in teenagers for long-term weight management. After controlling for baseline weight status, we discovered that teenage females who dieted had nearly double the chances of being overweight five years later compared to non-dieters, and those who used poor weight management measures were particularly more at risk.

'Be fuelled' nutrition sessions

'Be fuelled' classes promote good eating and weight management without relying on diets. The emphasis is on making long-term behavioural changes, such as paying attention to energy balance and portion size, drinking water instead of sweetened beverages, beginning each day with a healthy breakfast, eating more fruits and vegetables, making

*Correspondence to: Aslı Akdeniz Kudubes, Department of Pediatric Nursing, Dokuz Eylul University Faculty of Nursing, Inciralti, Izmir, 35340, Turkey, E-mail: asliakdeniz@hotmail.com

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healthy snack choices, eating a well-balanced lunch, and making healthier fast food restaurant choices. Girls are given a teen-magazine-styled notebook (Girl Pages) that contains information and exercises on these habits. The interactive courses focus on the difficulties that youth encounter while adopting healthy behaviours, as well as specific solutions for achieving behaviour change. The courses include taste-testing a range of nutritious meals [5].

Conclusion

Conclusions about whether the food strategy used in the New Moves interference will be beneficial as it allows the girls achieve behavioural changes cannot be reached until the assessment of the intervention is completed. Our initial thoughts are that the New Moves method has been well received by the girls, instructors, and parents. We are, however, fully familiar with the issues that come with behavioural change and weight control. If the New Moves concept is effective, we hope that it will be used in high schools. Group instruction the affordability of healthy food alternatives and parental involvement appear to be essential components of a calorie restriction for healthy weight loss.

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