

Nutrition&You

Teenagers



The Goodness of Irish Dairy

It all starts here

Pasture-based quality
and excellence
providing a versatile
range of dairy products



Milk is a natural source of nutrients...

Calcium	Protein	
Phosphorus	Vitamin B2	Iodine
Potassium	Vitamin B12	



Milk



Yogurt



Cheese

Enjoy dairy as part of a balanced diet and a healthy lifestyle

The Food Pyramid guidelines recommend **3** servings from the 'milk, yogurt and cheese' food group each day, increasing to **5** daily servings for those aged 9-18 years



Versatile...

Dairy foods are perfect for use in a wide range of cooked and baked dishes and across many meal time and snacking occasions

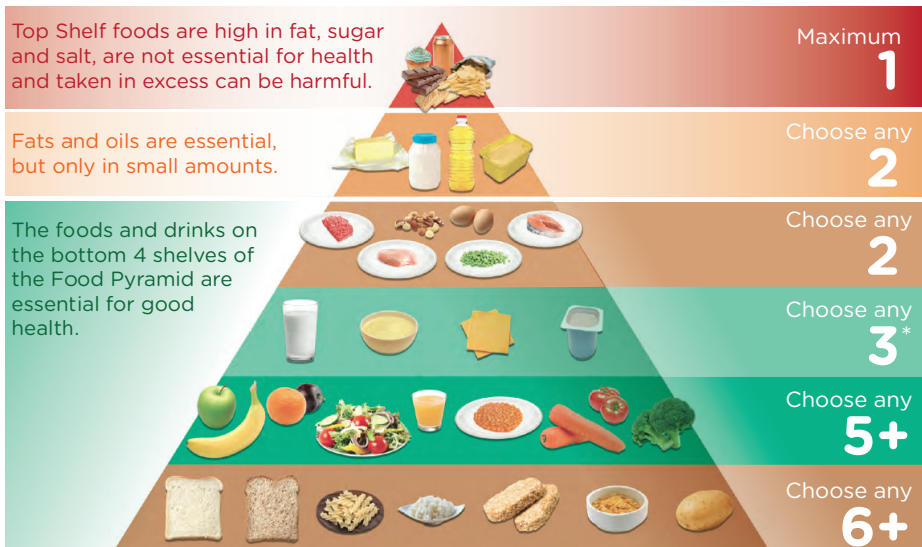


Healthy eating: clever choices

During the teenage years, as we transition from childhood to adulthood, it is important to eat well to support this phase of rapid growth and development.

This is an exciting time as we mature to make our own decisions about what we eat. Many influences can shape our choices such as personal values and beliefs, our peers, social media and our knowledge about nutrition.

Balance is key to healthy eating, with energy and nutrient needs varying depending on factors such as gender, age, body size and physical activity levels. The Department of Health's Food Pyramid provides guidance on daily servings, with a variety of foods from the bottom four shelves recommended for a good range of vitamins and minerals.



*Choose any 5 if aged 9-18 years

Adapted from: Department of Health / Health Service Executive (2012) Your Guide to Healthy Eating Using the Food Pyramid for Adults and Children Over 5 Years of Age.

Clever Choices

- Include a variety of fruit and vegetables daily across meals and snacks.
- Reduce intake of fried foods – opt to bake, grill or steam.
- Keep foods high in fat, sugar and salt as treats e.g. crisps, sweets, biscuits.
- Choose water or milk as drinks. Limit sugary drinks to special occasions e.g. lemonade, cola, energy drinks. Energy drinks can be high in sugar and caffeine and are not recommended for those under 16 years of age.
- Be prepared – bring healthy snacks when out and about and choose wisely in cafés, restaurants or at the deli.

Smart Snacks

Try to choose nutritious snacks when faced with an energy slump.

Examples include:

- Baked or sweet potato with: beans and grated cheddar; or tuna and sweetcorn mixed with natural yogurt
- Homemade smoothie made with milk and/or yogurt with fruit e.g. banana, mixed berries
- Porridge or unsweetened cereal/granola with milk
- Grilled cheese on wholegrain toast topped with tomatoes and onion
- Rice cakes or oatcakes with peanut butter
- Chopped vegetable sticks (cucumber, carrots, peppers) with yogurt-based dip

Break the Fast!

Having a nutritious breakfast is a healthy habit to boost energy and concentration for a busy morning. Try porridge/unsweetened cereal with milk and berries; scrambled eggs on wholegrain toast; or homemade granola, chopped fruit and yogurt.

Beware of Fads!

While celebrities may boast the success of diet fads or trends, try and avoid the hype. Having a balanced diet and an active lifestyle is the best way to maintain a healthy body weight and ensure we meet our nutrient needs.

Take Five!

Five servings per day are recommended from the 'milk, yogurt and cheese' food group for those aged 9-18 years, with 3 servings daily recommended for all other age groups. This increased requirement is because of the importance of calcium during this life stage to support normal bone development (see pages 8-9). Examples of a serving include: a 200ml glass of milk; a 125ml pot of yogurt; 25g piece of hard cheese.

Milk, yogurt and cheese provide a range of nutrients important for our health. For example, calcium, protein and phosphorus are needed for normal bone development; protein contributes to muscle growth and maintenance; iodine and riboflavin play roles in skin health; while phosphorus, riboflavin and vitamin B12 assist with energy release.



Whole, semi-skimmed or skimmed
(100ml)

Source of

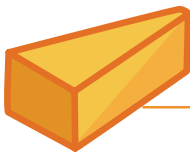
Riboflavin (vitamin B2), vitamin B12, calcium, iodine, phosphorus, potassium and protein



Plain, low-fat (100g)

Source of

Riboflavin (vitamin B2), calcium, iodine, phosphorus and protein



Cheddar Cheese
(25g - matchbox size portion)

Source of

Vitamin B12, calcium, phosphorus and protein

Dairy myths busted!

Milk, yogurt and cheese are established as nutrient-rich foods to be included as part of a healthy, balanced diet. However, misinformation can cause confusion and, worryingly, some people may compromise their nutritional intakes by excluding or limiting important food groups based on inaccurate information. Here we dispel some common dairy myths...

Acne

Acne is a condition which usually presents during puberty and is caused by fluctuations in hormones, resulting in the overproduction of oily secretions by glands. Due to the complex nature of acne which can be influenced by genetics, skin type and hormones, a simple explanation of acne being 'caused by' any single food is unlikely. There is no sufficient evidence to recommend changes to the intake of dairy products for the management of acne. In fact, a number of nutrients provided by milk are known to play a role in normal skin health, such as vitamin B2 and iodine.

Body Weight

Some may mistakenly believe that they should avoid or limit their intake from the 'milk, yogurt and cheese' food group to maintain a healthy body weight. However, you may be surprised to hear that Irish whole ('full-fat') milk typically contains just 3.5% fat, low-fat milk around 1.5% fat and skimmed milk has no more than 0.5% fat. There is also a wide range of yogurt and cheese varieties on our supermarket shelves to choose from, with low-fat versions remaining sources of important nutrients such as calcium, protein and B vitamins.



Allergy & Intolerance

Food allergies and food intolerances are two different conditions, but they often get confused.

Cow's milk allergy is an adverse reaction to cow's milk protein and is most common in early childhood, affecting about 2-3% of young children. Avoidance of dairy products is necessary in these cases but children usually outgrow this allergy by the age of 3-5 years.

Lactose intolerance is a condition which results in a reduced ability to digest the natural sugar in milk called lactose. The prevalence of lactose intolerance varies worldwide but is much lower in Ireland than perceived, with only 4-5% of the population affected.

Depending on the level of tolerance most people affected by this condition can consume some lactose, typically a daily amount of 12-15g. A 200ml glass of milk contains approximately 9-10g lactose, while the amounts in yogurt and cheese are less - 5.9g in a 125ml pot of plain whole milk yogurt and 0.03g in a 25g serving of cheddar cheese.

It is very important not to 'self-diagnose' an allergy or intolerance, with diagnosis by a qualified healthcare professional such as a GP necessary. Consultation with a dietitian is also essential to manage these conditions and ensure nutrient intakes are not compromised.

Did You Know?

Irish dairy cows graze on luscious green grass for most of the year - making the quality and flavour of our dairy products internationally renowned. Irish farmers look after their cows very well and it has been shown that cows under good care produce the best quality milk. Happy cows = happy farmers and consumers! Specific practices are also in place to ensure the highest quality and safety of milk production. It is worth pointing out that in Ireland and the European Union, there is a total ban on the use of artificial hormones in milk production.

Make no bones about it...

Just as a sturdy house needs a strong foundation, a healthy body needs a strong skeleton. The teenage years are an important time for the development of our skeleton. Looking after our bones during this phase of rapid growth will have a positive impact on our bone health in later life.

While bone health is determined mainly by factors that we cannot control such as genetics, gender and age; factors we can control include the foods we eat and the type of physical activity that we do.

Eat Well

Having a balanced diet which includes bone-friendly nutrients such as calcium, protein, phosphorus and vitamin D is essential. Dairy foods such as milk, yogurt and cheese are among the best sources of dietary calcium while also providing protein and phosphorus.

Vitamin D assists with the absorption of calcium and phosphorus. Although vitamin D is known as the 'sunshine vitamin', here in Ireland we are particularly reliant on dietary sources which are limited but include: oily fish (e.g. salmon, mackerel); egg yolk; and dairy products/cereals with added vitamin D. Some experts recommend a vitamin D supplement of 5 micrograms (μg) per day to help achieve our daily requirements.

Did You Know?

Approximately 90% of your adult skeleton is formed by the age of 18 years!



Don't be a lazy bones!

Participating in regular weight-bearing activities, which put the full weight of the body on our feet and legs, is essential for our bone health.

Examples include:

- Brisk walking
- Running/jogging
- Tennis
- Dancing
- Team sports e.g. basketball, rugby, hurling/camogie, soccer and Gaelic football.

Other bone-friendly tips include maintaining a healthy body weight, not smoking and avoiding alcohol.



Move more- feel great

Being physically active is very important for our health and wellbeing, as well as providing a great way to socialise with friends and spark new interests.

As teenagers we may become more reliant on technology as a form of entertainment – even for socialising – but this can lead to less time being active. Try to balance your daily ‘screen time’ (TV, computer, phone, tablet etc.) with time spent taking part in physically active hobbies.

Teenagers should be active for at least 60 minutes every day, at a moderate to vigorous level, and should include muscle-strengthening, flexibility and bone-strengthening exercises three times per week.

Moderate Activity:

Breathing and heart rate increases but conversation can still be carried out. You feel warm and sweat slightly. Examples: cycling, brisk walking, PE class.

Vigorous Activity:

Breathing is heavy and it is more difficult to carry out a conversation. Heart and sweat rates are faster. Examples: running, certain dance styles e.g hip-hop, team sports such as football, basketball, hurling/camogie.

Muscle-Strengthening activities include:

climbing walls, push/pull/sit-ups, hand-held weights.

Bone-Strengthening activities include:

rope skipping, running, dancing, tennis, most team sports.

Flexibility activities include:

gymnastics, martial arts, yoga, pilates.



Top tips for peak performance

Along with adequate amounts of training, dedication, talent, sleep and recovery, fuelling your body with the right food and fluid for sport or a physically active hobby will help you perform your best.

Keep your balance

Energy and nutrient needs vary depending on gender, age, body size, activity levels and the specific demands of your sport/activity. However, whatever the activity or level, it is important to get the basics right by following the guidelines for a healthy, balanced diet (see pages 3-5).

It's common sense

There are no shortcuts - effective training and sensible eating are key. If needed, a sports dietitian can tailor food and fluid advice to specific needs and goals. Remember, as sports supplements have not been tested on teenagers there is no evidence they are safe for a growing body and are not recommended for those under 18 years of age.



Food as fuel

Fuel up 2-3 hours before training or a match e.g. pasta or rice with tomato-based sauce and chicken; baked potato with beans and cheese; or cereal with milk/yogurt. If needed, top up energy with a carbohydrate-based snack 60 minutes before sport e.g. small bowl of cereal with low-fat milk or fruit smoothie.

Protein power

Protein foods (e.g. milk, lean meat, eggs, beans, lentils, cheese, fish, yogurt) should be included at each meal time. Consuming protein following an intense exercise session is particularly useful to assist muscle growth and repair.

Drink up!

Ensure adequate hydration when beginning sport/activity by drinking fluid throughout the day. A clear to pale yellow urine colour is an indicator of good hydration levels. Rehydrate afterwards to replace fluid lost; water or low-fat milk are good options.

During sport

There is generally no need for an energy top-up during sport if the session duration is less than 60 minutes, but continue to drink water during breaks of activity to stay well hydrated.

Recover well to play well

Effective recovery is essential to perform your best in the next session. Aim to eat within 30-60 minutes after exercise to refuel nutrients e.g. sandwich with chicken/tuna/cheese; low-fat/skimmed milk with banana; or yogurt with granola.

Milk it!

Milk naturally provides fluid, protein, carbohydrate and electrolytes, as well as many important nutrients for health (see page 5). Exciting research is exploring the benefits that milk may play in a number of aspects of recovery, with roles for rehydration and muscle recovery being investigated.



Further Reading

The National Dairy Council

www.ndc.ie

Department of Health / Health Service Executive (2012)
Your Guide to Healthy Eating Using the Food Pyramid for
Adults and Children Over 5 Years of Age.

www.health.gov.ie

Get Ireland Active - Promoting Physical Activity in Ireland

www.getirelandactive.ie

Irish Nutrition and Dietetic Institute - Factsheets

www.indi.ie/fact-sheets

Irish Osteoporosis Society

www.irishosteoporosis.ie

Safefood

www.safefood.eu



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