

Nutrition Through Life Stages

1. Introduction:

Nutritional needs change with age, activity, and physiological conditions like pregnancy. Tailored diets help meet growth and health requirements across life stages.

2. Infants and Children:

- Breastfeeding for first 6 months
- Gradual introduction to solids
- Importance of iron, calcium, vitamins A and D

3. Adolescents:

- Rapid growth and hormonal changes
- Higher protein, iron, calcium needs
- Risk of poor eating habits, body image issues

4. Adults:

- Balanced intake of all macronutrients
- Focus on fiber, hydration, healthy fats
- Preventive care through diet

5. Elderly:

- Lower calorie needs but high nutrient density
- Focus on calcium, vitamin D, B12
- Address chewing/swallowing issues and appetite loss

6. Pregnancy and Lactation:

- Higher demand for iron, folic acid, calcium, protein
- Avoid caffeine, alcohol, certain seafood

7. Summary:

Each stage of life brings different nutritional needs. A well-planned diet supports healthy development, maintenance, and aging.