California Nutrition and Physical Activity Guidelines for Adolescents

Maternal, Child and Adolescent Health Division
Center for Family Health
California Department of Public Health

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About the Guidelines

These Guidelines were designed to assist Adolescent Family Life Program (AFLP) case managers in improving the nutrition, physical activity, and healthy eating practices of AFLP clients. They can and have been used by other adolescent programs. If interested in modifying or using the materials in any derivative work, contact the Maternal, Child and Adolescent Health Division.

The Guidelines include several nutrition topics to serve as a reference for case managers working with teens. They also provide handouts for motivational counseling and education with adolescents.

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