



# 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.

The Guidelines are currently being updated, so check for revised versions at [www.cdph.ca.gov/healthinfo/healthyliving/nutrition/Pages/TeenGuidelines.aspx](http://www.cdph.ca.gov/healthinfo/healthyliving/nutrition/Pages/TeenGuidelines.aspx) .

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## Order of Content

Sections in *purple* are new or have been updated.

Revised versions do not have a section number (and each section has its own page numbering system.) Sections should be used in the order of the client's needs/priorities.

**The order here refers to the order of content in the full-length document. Client handouts are affixed to the end of each guideline.**

- ✦ *Adolescent Nutrition*
- ✦ *Infant Feeding*
- ✦ *Nutrition and Physical Activity Screen*
- ✦ *Calcium*
- ✦ *Iron*
- ✦ *Folate and Folic Acid*
- ✦ **Fruits and Vegetables**
- ✦ **Body Image and Disordered Eating**
- ✦ *Weight Management*
- ✦ *Physical Activity*
- ✦ **Vegetarian Teens**

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