



Food habits and well-being in adolescents

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Abstract:

Adolescents are teenagers aged from 10-18 years. Development spurt is typically seen in teenage and young adults. It is also reliant on family, emotional well-being and exercise. The most important thing is that it's in our hands and power to determine what food we consume. Food has even mental and metaphysical effects on the soul. Analysis has shown the correlation between diet and mental health in children and teenagers. Teenagers today are more drawn towards fast foods, aerated beverages, and drugs and liquors are part of their eating habits. Binge eating disorder is a widespread health concern in teenagers which further contributes to numerous health conditions and illnesses. Consuming diets rich in fats, salt and processed flour is certainly not ideal for the wellbeing of the person also of elementary school. This form of obesity is only causing an extension of our waistlines and weakening of our brain because of malnutrition. Phytochemicals present in various plants and supplements are considered to be important for brain repair. We will be making a decision on this aspect which really needs attention now.

Keywords: Adolescents, well-being, mental health, food

1. Introduction:

Adolescence is important time in a teenager's life where they grow mentally, psychologically and emotionally. This is a very critical stage in our lives. Many teens need to be more energetic and have decent mood for athletics, studies and enjoyable events. They are facing a number of stresses from the scholarship of study to the advancement of research and medical practices. What they mean, how they say it, what they wear, how they behave so important to them. They are in dilemma of considering themselves to be as adult or children and concerning of development of the body's most significant organ, the brain. When children do not eat right, they get irritable, depressed and are often vulnerable to having eating disorders such as anorexia and bulimia. Proper diet can avoid and control certain forms of conditions.

2. Food habits and its effect on mental health

The food we consume has profound effects on our personalities. Each and every behavior of a person is often affected by the mechanism of metabolism, ingestion and removal of food we have consumed. Happiness is also influenced by how our digestive system works. Digestive mechanisms also have an impact on health and happiness, and hence they are essential to our well-being. The digestion influences the mood and mood also effect on our digestion.

Since consuming your dinner, you can feel fulfilled, which means you had a well-balanced meal. It is necessary to include all 6 tastes in your meal including sweet, sour, salty, bitter, astringent and pungent. Balanced meal contains all the necessary nutrients in sufficient quantity. Safe and balanced food should be used in water consumption. New and seasonal fruits and vegetables are recommended for a balanced lifestyle. It is important to get the food at the same time every day so the digestion system can prepare for the meal. When you eat, the mind should be relaxed as well as the person who is cooking the food. There are no equals to purchasing the organic veggies and fruits. Our diet can contain fruit, ghee, cardamom, raisin, cooked vegetables, and cow's milk.

During the teen phase, the brain is entering a period of completion. In neurophysiology, axons are long thread-like sections of a nerve cell with which an impulse travels from the cell body to other cells, muscles or glands. It is brain tissue that makes brain cells have a militated covering which gives brain cells the ability to accept and transmit information. The dendrites that interact with the neurons stretch out from its soma, like branches of tree trunks heighten during early adolescence. At this time, the weakest and inactive synapses continue to degrade. This is the basis for the brain-boosting strategy known as brain conditioning. However, it might be partially directed at the similarly stressful condition of "brain fog" - which blocked rational reasoning people may feel. There has been some investigation into the process known as "pruning" during teen years. This brain remodelling stage can prove to be a helpful method in helping teens develops new tasks and skills. During your time of young brain development, it's important to get optimal sleep, hydration and good food as what you consume will affect the development of your brain.



It is really important for teens to pay attention to what they consume, what they eat and what they want to eat less as it influences their ability to concentrate their mind, memory, personality and spirit. There is of course no such food that can improve your success before any essential examination or exam but the perfect way to start the day is by eating a breakfast that should contain complex carbs, proteins and good fats that will control blood pressure and keep teens happy for a few hours before lunch. If you do not consume sufficiently well-balanced and important vitamins, your teen could experience low concentration and tiredness.

3. Dietary criteria for adolescents

Adolescence is the time when the body goes through numerous changes including accelerated growth spurs as well as physical changes that include maturation and puberty. Individuals at this age are at their metabolic levels, so we prescribe to acquire more than most of their filling nutrients. If one is attempting to limit their food consumption, it depends on whether one is a sedentary individual, a mild person, or a hard worker. Boys can need more than this, but the average teenage girl may not (or may take less!). [Bring up your kcal (calories) on your phone/tablet] The protein consumption should be 45 to 60 grams a day. The type of protein consumption will come from either a vegetarian and non-vegetarian source.

In addition, the more kinds of proteins (i.e. beef or fish) we eat, the greater the chances of suffering from a deficiency. In addition, the fat is necessary as a needed nutrient for energy. Also, the fat is an important nutrient for the body that helps to energize the body and absorbs Vitamin A, D, E and K." Therapeutically, unsaturated fats are useful, whereas saturated fats are considered to be bad (or not acceptable or suitable). These Fats are the most dangerous, and these are saturated Fats. These emerging technologies could raise one's risk of heart disease and pancreas disease in addition to diabetes, which may lead to other life-style diseases. However, the unsaturated fats present in dairy products are very safe fats that reduce blood cholesterol levels and raise blood glucose levels. At a minimum, no more than 30 percent of fat calories can be in the diet of teenagers. People who eat a significant number of saturated fats come mostly from animal sources of food including full fat dairy products and red meat. Any of the healthier fats linked to "The Paleo Diet" are coconut oil, olive oil, milk, and avocados. When we are talking about "carbohydrates", we are talking more about "complex carbs", which (convert) sugar into energy. Teens should eat a minimum of 150calories/day, which will be around 50% of the required calories prescribed for adults. Complex carbs, including brown rice, popcorn, and vegetables, are high in fiber and essential for good health. The normal calcium consumption should be 1300mg. Calcium is important for building strong bones and teeth. The teen body consumes the calcium found in such things like dairy products, so it cannot be eaten with beverages and soda. While iron is not ingested by the digestive system, its deficiency starts in reaction early in the life when it is not taken in the correct amount in the beginning years. The recommended dosage level for e-cigarettes is 8 mg/day, for boys, and 15 mg/day for girls and up to 18 mg /day for females of legal age. Since teens don't get nearly enough vitamin D from the foods they consume, it will be tough for them to get the 600 IU a day they need. We all recognize that milk consumption is associated with Vitamin D intake. Vitamin D intake is often attributed to the intake of various other fat-soluble vitamins including A, D, E, and K. As a result, the advantages of milk include that it sheds the fragile bones and strengthens our bones, prevents osteoporosis, improves immune system response and decreases risk of some cancers. According to these findings, Omega 3 fatty acids help diminish the symptoms of dementia and improve attention and memory.

4. Food intake and depression in adolescents

Depression is a severe condition and can also be linked to a variety of factors. This is a field where psychotherapy and psychopharmacological drugs can be extremely helpful. As an alternative to medicine, the diet and nutrition has an impact on the general state of mind of the person, also has played a role in the treatment process. Since more and more evidence indicates that diet and nutrition could substantially reduce depression (Bamber et al., 2007), more and more people are becoming involved in diet and nutrition.

A teenage depression is one of the hot subjects in psychiatric depression studies right now. There are several studies that demonstrate that a healthy diet combined with better physical fitness is correlated with a better mental health result (Jacka et al., 2013). A way that diets are related to improved health and stress is by an inverse association.

There is hardly any evidence available as to the influence of diet and nutrition on teenage depression. There are a variety of reports related to adult mental health conditions. (Oddy, Reid, George, Piazza, Spears, & Williams, 2007.) There has been a link in the mental health of people from western/developed countries who eat a high volume of refined foods and low amount of animal products, such as red meat, such as beef (O'Neil, 2015). When you add new vegetables and berries to your diet, the emotional health durability is substantially higher. This generation of teens have mainly acquired their eating habits from fast food, aerated beverages such as soda and energy drinks, and refined and sugary things such as cookies and potato chips. And they are still far apart from new fruits and juices. Often, juice that is sealed in the tetra packs are often not "freshly prepared" which results to a lack of nutrients when we are thinking about fruits or shakes (in this case, the papaya or mangos). Although coffee and tea contain caffeine, their use for a long period of time should be avoided as well. Studies indicated that a rise in the prevalence of



behavioural and psychiatric conditions is related to change in dietary trend during the same time span, with a transition from whole foods including bananas, nuts, legumes, and vegetables, to a more refined and processed foods including potatoes, beef, and dairy (Bottomley and Mckeown, 2008).

Acutely, after continuously eating processed and refined foods, the brain secretes fewer (or decreased amounts) of the hormone called brain derived neurotropic factor (BDNF). Thus, overconsumption of these foods gradually lowers BDNF levels. Potentially unhealthy foods like old age chocolate, cookies, and old age soft drinks are slowly but steadily starting to erode our brain's health and enjoyment, over time taking an ever-deeper toll.

Serotonin is a chemical neurotransmitter in the body that is essential. It relays signals between nerve cells and controls how strongly those signals are felt. People who suffer from depression also have reduced levels of serotonin. After the body breaks down food, food parts break down into amino acids, which are then ingested into the blood and taken to the gut. Omega 3 fatty acids play a vital role as the structural elements of the Central Nervous System and as the part of the membrane of the Central Nervous System. They are active in the transport of the neurotransmitter serotonin which can clarify their link to mental health problems (Kiecolt Glaser Belury, Porter et al., 2007).

In another trial Johnson (2010) found that omega-3 fatty acids played a part in the treatment of depression. Depression is found in people that have defects in their red blood cell membranes and have a high amount of fatty acids. He also reported that researchers evaluating the relationship between low levels of omega-3 fatty acids and depression for the American Psychiatric Association (APA) were pleased enough with the findings to suggest that adolescents with a depressive disorder consume at least one gram of omega-3 supplementation per day (Johnson, 2010) [7]. In the first half of the 20th century, however, antidepressants were also not being administered. In a report (citation [7]), Johnson observed that more care practitioners concentrated on treating the effects of depression rather than on the root cause, which was the social management of the depression. Johnson in his article [7] notes there are many alternatives to combat depression, including those as a lifestyle modification, physical activity, and a healthy approach such as vitamins.

When the subject of debate on depression, binge disorder is listed as an important term. In essence, Binge behaviour was seen even earlier than the existing psychiatric community let on by, however, there was no need to accept it. Post-Traumatic Major Depressive Disorder (P.T.M.D) is something that is very common with some teens, and one of the main signs to examine before treating depression. Teenagers typically eat better than an ordinary person being urged to eat, but often they eat in secret without letting their parents know their eating habits. Some people can see the person as merely experiencing a growth spurt that causes their body shift and add weight without any repercussions. This is an incorrect understanding of the behaviour, as hormones may play an important part in triggering this behavior.

In today's culture when we encounter depression, we're searching for options to handle it. Some would recommend taking an antidepressant, but other ways to take care of it might be by certain medical and culinary methods. There are variety of phytochemicals that can be helpful to both the health and well-being of a patient. There are phytochemicals that can be used for mood upliftment and managing stress. The use of phytochemical is a very critical feature of antidepressant treatments. Plant metabolites from various groups including polyphenols (flavonoids, phenolic acids, lignanes, coumarins), alkaloids, terpenes and terpenoids, saponins and saponinins, amines, and carbohydrates were found to possess antidepressant function. It is proposed that looking over the structure-activity relationship of highly potent antidepressant phytochemicals is a great way to find potential natural, semisynthetic, or synthetic antidepressants. Further clinical trials are also required for confirmation of natural antidepressant effectiveness and completion of their safety profile (Bahramsoltani, 2015).

5. Food intake and Depression

Inducing behaviors in adolescents by supplying them with needed knowledge on keeping away from foods with refined and processed additives and adding them to foods with multiple nutrients is the secret to be effective in encouraging the adolescents to prefer healthier foods over the poor ones. Through meals together, elders will lead and keep an eye on their teenagers as well as tell them to provide balanced food and sufficient amount of beverages in their diet in the form of water, fresh fruit juices or coconut water or lemon water. Young adults who eat fresh vegetables, sprouts, and salads are more likely to be energized, mood uplifted, and happy instead of becoming idle. While the welfare of the population is one of the most critical issues, it still needs to be a priority mission. When waking up each morning, it is very important to have at least two cups of water to avoid constipation. It is important for students to have a nutritious breakfast, so that they are full of energy for carrying out everyday activities in school both mentally and physically.

6. Conclusion

When it comes to overall health and well-being of body, mind, and spirit, it's vital to have high-quality food. If you are in habit of eating low quality food containing excessive levels of most unhealthy three whites, i.e., sugar, sodium and fat, it can result in low brain growth, elevated anxiety and depression along with diabetes and obesity (O'Neil et al., 2014) [9]. While diet



can affect our well-being, unfortunately the value of diet remains uncertain, in part due to a lack of attention to the scientific data, and in part caused by lack of appreciation of diet as capable of contributing to our well-being.

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