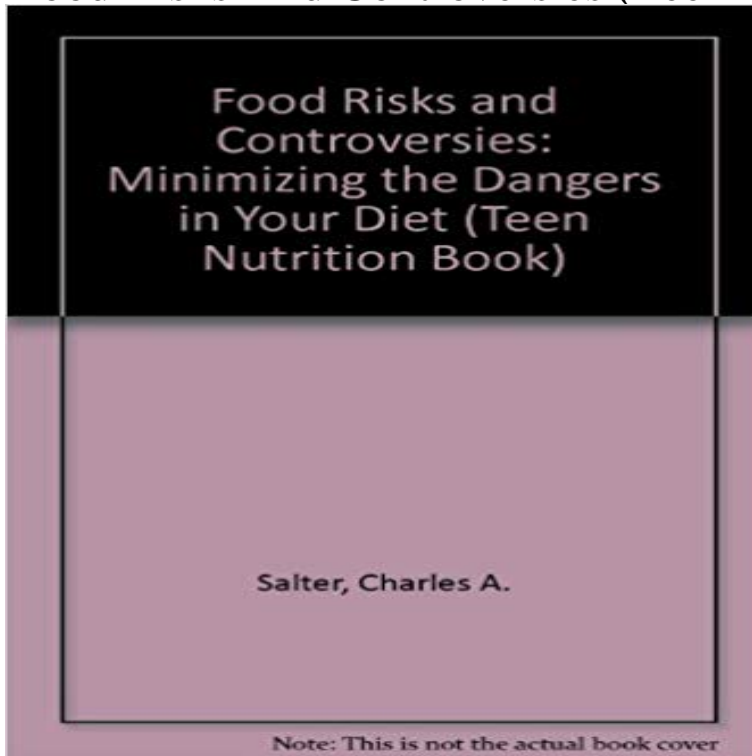


## Food Risks And Controversies (Teen Nutrition Book)



Introduces the health hazards associated with food, examining such topics as manmade and natural toxins, food additives, and pesticides, and discusses how to eat safely and wisely.

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REFERENCE RND RESOURCES Books Brown, Amy C. The Fast Food Franz, Marion J. Fast Food Facts. Eating Habits Put Teens at Risk, Study Says. **Food Risks And Controversies (Teen Nutrition Book - LUXE GLOW**  
TABLE 35-2 ADOLESCENT NUTRITIONAL NEEDS DURING PREGNANCY NUTRIENT DAILY REQUIREMENT DURING PREGNANCY\* FOOD SOURCE Calcium 1300 mg are especially important for the younger pregnant teen. greater risk for death Although precise weight gain goals in adolescence are controversial,  
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