

# Nutrition and the Pregnant Adolescent A Practical Reference Guide

*Editors: Mary Story, PhD, RD and Jamie Stang, PhD, MPH, RD*

*Nutrition and the Pregnant Adolescent: A Practical Reference Guide* is a resource for health professionals and educators on nutrition and adolescent pregnancy. The book focuses on clinical application of current knowledge on adolescent pregnancy. Topics are presented in a format that outlines and highlights subjects for easy reference. The book is divided into six sections:

- Trends in adolescent pregnancy and health and psychosocial risks associated with adolescent childbearing
- Adolescent growth and development as it relates to pregnancy
- Understanding eating behaviors and nutritional needs within a social and developmental context
- Nutrition assessment and management including special concerns such as weight gain, exercise, eating disorders, vegetarian diets, substance use
- Interviewing and counseling skills and strategies for behavior change
- Postpartum issues including infant feeding and health promotion for adolescent mothers

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