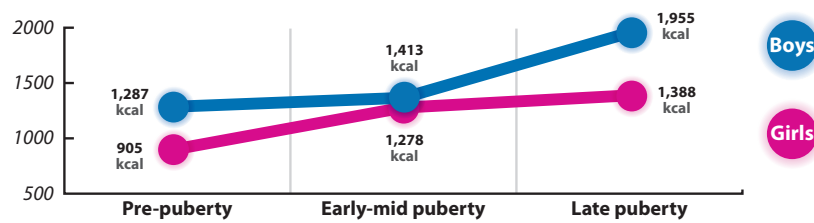


Energy Intake Skyrockets During Puberty

A recent study supports observations that children experience a fairly dramatic increase in daily energy requirements (or at least energy intake) during puberty:



SOURCE: Shomaker LB, Tanofsky-Kraff M, Savastano DM, et al. Puberty and observed energy intake: boy, they can eat! *Am J Clin Nutr*, 2010;92:123-9.