

**Abstract**

**Review Paper**

**Vitamins Minerals and Fibres in Adolescence Diet**

**Aysel Özdemir, RN, PhD**

Lecturer in Public Health Nursing, Institute of Health Sciences, Uludağ University, Bursa, Turkey

**Correspondence:** Aysel Özdemir, Lecturer in Public Health Nursing, Institute of Health Sciences, Uludağ University, 16059 Bursa, Turkey E-mail: [ayozdemir@uludag.edu.tr](mailto:ayozdemir@uludag.edu.tr)

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Adolescence is a unique developmental stage and has its own requirements apart from other developmental stages of humans. Due to increased growth and mental maturation nutrition during this period has its own characteristics that need to be discriminated.

Vitamins and minerals contribute the body for sustaining functions although they are not an energy source. Most of the vitamins are not produced in the body; therefore they must be taken with food. Also; calcium, iron and zinc requirement which are essential for growth are increased in this period. Adequate fiber presence in the diet is important for normal defecation as well as prevention of some chronic diseases. In addition, it may also plays role in decreasing serum cholesterol levels and risk of obesity.

**Key Words:** Adolescence; vitamins, minerals; nutrition