

**Abstract**

**Review Article**

**Macronutrients in Adolescence**

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**Abstract**

Nutrition in adolescence has critical importance for future health and problems may cause important chronic diseases. A balanced diet is a nutrition way whose %50, %30 and %20 of the total calorie are consisted of carbohydrate, fat and proteins; respectively; and also includes vitamins and minerals. Inadequate nutrition means consuming essential nutrients below the sufficient level; whereas imbalanced nutrition means altered ratio of consumed nutrients. Energy requirement differs among genders. Growth rates and other developmental properties of girls differ from boys after 11-12 years old. Required intake of lipid, carbohydrate, and protein differ according to the need of energy. Generally, girls need more energy in their early puberty period (11-14 years) whereas boys need more energy in their middle puberty period (15-18 years). Protein requirement in adolescents is related to growth type than age. Daily protein intake requirement for adolescents according to the World Health Organization are 0.8 g/kg/day for girls and 1.0 g/kg/day for boys with the necessity of consuming nutrients with high protein quality such as egg and milk. Fat and fatty acids are required for normal growth and development. Thirty percent of the daily energy must be obtained from fat and it must be composed of %7-10 of saturated fatty acids, %7-8 of polyunsaturated fatty acids, %10-15 of single unsaturated fatty acids.

**Key Words:** Adolescence; carbohydrate; fat; protein; nutrition