

Awareness on Macronutrient and Micronutrient Intake of Adolescence

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Adolescence is a transitional period in life. Window of opportunity as well as threat are mixed in this vital chapter of human life. It is a period full of emotion, excitement, challenges and making peer. Peak physical changes were observed during 10-19 years age group which demand proper and adequate nutrition for both boys and girls. In order to gain exact growth with full swing consumption of macronutrients (protein, fat, carbohydrate) and micronutrients (minerals and vitamins) is essential because if malnourishment starts in this period he or she have to fall in false position in later part of life particularly girls as because she have to give birth another spring. If she suffers undernourishment in adolescence time definitely she will deliver malnourished child which is not expectable in any means. On the other hand, boys will be less productive and their learning as well as earning capacity will be reduced which ultimately reflects national economy. Coping with technology dependent life style keeps away adolescent boys and girls to have nutritious food and to do physical exercise and gradually they tend to consume fast and junk food instead of natural fruits, vegetables and homemade food. Not only that they are less aware about intake of micronutrients like calcium, iron, vitamin A on regular basis. As a result, number of wearing glass is increasing and their bone is failed to expand properly resulting growth failure and short stature. Awareness on balanced diet is necessary. Family members, teachers, peers can contribute to disseminate nutritional knowledge among adolescent to ensure healthy nation. Adolescent are constituting bulk segment of population. We can't avoid them. Nutritional education and promotion is needed which should be participatory in nature. Finally, we should bear in mind that stitch in time saves nine.

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