

SPECIFIČNE POTREBE ORGANIZMA I DODACI PREHRANI U DOBA ADOLESCENCIJE

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Adolescencija je razdoblje tranzicije iz djetinjstva u odraslu dob, razdoblje intenzivnog rasta i razvoja kada su energetske i nutritivne potrebe najveće. Iz tog razloga veoma je važno da se u tom periodu vodi računa o uravnoteženoj i pravilnoj prehrani, te da se zadovolje pojačani kalorijski i brojni metabolički zahtjevi organizma.

Doba adolescencije zahtjeva pojačan unos proteina, vitamina i minerala obzirom da su potrebe za tim prehranbenim sastojcima povećane tijekom cijelog razdoblja rasta i sazrijevanja organizma. Kako se 40 % koštane mase razvija tijekom adolescentske dobi, unos kalcija i magnezija u obliku dodataka prehrani veoma je važan u prehrani adolescenata. Takođe su povećane potrebe za željezom posebno kod adolescentica sa početkom menstruacije, ali i kod adolescenata, jer u ovom razvojnom periodu dolazi do povećanja nemasne mišićne mase.

U svakodnevnoj prehrani najčešće se pojavljuje nedostatak A, D i B6 vitamina te cinka, kao i kalcija i željeza kod djevojaka. Od navedenih nutritivnih sastojaka najčešći je nedostatak kalcija koji je direktno povezan s povećanom učestalošću osteoporoze u kasnijim razdobljima života, posebice u žena. Pravilna prehrana mogla bi spriječiti mnoge bolesti. Stoga bi adolescenti svakodnevnu prehranu morali temeljiti na visokovrijednim izvorima proteina: mlijeku i mliječnim proizvodima, nemasnom mesu i ribi; zatim cjelovitim žitaricama, zelenom i svježem povrću, te voću.

SPECIFIC NEEDS OF THE ORGANISM AND NUTRITIONAL SUPPLEMENTS DURING ADOLESCENCE

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Adolescence is a period of transition from childhood to adulthood, a period of intense growth and development when the energy and nutritional needs are the largest. For this reason it is very important during this period to take into account the balanced and proper diet and to meet the increased calorie and numerous metabolic demands of the organism. The age of adolescence requires increased intake of protein, vitamins and minerals given to increased need for the food ingredients during the entire period of growth and maturation of the organism. Considering that 40 % of body mass develop during adolescence, calcium and magnesium in the form of supplements are very important in the diet of adolescents. Also, the increased need for iron, especially among adolescent girls starting menstruation, but also in adolescents, because in this period of development leads to increase muscle mass.

In daily diet often appear a lack of A, D, and vitamin B6 and zinc, and calcium and iron for girls. From these nutritional ingredients most common is a lack of calcium, which is directly linked to increased incidence of osteoporosis in later periods of life, especially in women. Proper nutrition could prevent many diseases. Therefore, adolescent's daily diet should be based on high quality protein sources: milk and dairy products, lean meats and fish, then whole grains, green and fresh vegetables and fruits.