

VITAMINS

For Teens

Vitamin requirements for teens

Vitamin A aids in bone growth and sexual maturation in teens and helps strengthen immunity.

Sources: Meat, milk, eggs, orange, carrots, and sweet potatoes.



Increased intake of folate can help teens achieve better academic growth.

Sources: Leafy vegetables, liver, whole grain bread, and cereals.



Vitamin C helps in iron absorption, reducing the risk of common iron deficiency seen in teens.

Sources: Citrus fruits and vegetables such as capsicums and potatoes.



Adequate vitamin D is required during adolescence for the body to reach peak bone mass and proper height.

Sources: Sun exposure, oily fish, mushrooms, butter, and margarine.



Tips to have vitamins for teens

- Fat-soluble vitamins are recommended to be taken with food to help them absorb better.
- For vitamin supplements, consult a doctor to know the right intake and prevent overdose.

References:

1. Micronutrient Requirements of Adolescents Ages 14 to 18 Years; Oregon State University
2. Vitamins and minerals; Raising Children
3. Tips for taking vitamins; American bone health