

# Wellness Topic

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## Vitamins and Minerals

### Vitamins

- Vitamins are micronutrients that help control body processes and help your body release energy to do work.
- Vitamins don't contain calories, so they don't provide energy.
- Teenagers have nutritional needs that are linked to the changes that bodies experience during the adolescent years.
- Deficiencies in vitamin health in the teen years can lead to lasting problems with physical growth, bone and the skin, as well as temporary issues with mood, concentration and energy.
- By attending to the essential vitamin needs for teens, it is possible to have better health outcomes.

### Minerals

- Minerals are substances that the body cannot manufacture but that are need for forming healthy bones and teeth and for regulating many vital body processes
- Minerals such as calcium, potassium, sodium, and iron help your body function.
- Like vitamins, minerals do not contain calories or supply your body with energy.
  - Calcium helps build and maintain strong bones.
  - Potassium aids in normal muscle contractions and in the sending of nerve impulse that control the movement of muscles.
  - Sodium helps maintain the fluid balance inside and outside cells and help nerve impulse transmission.
  - Iron is part of the hemoglobin in red blood cells, which carry oxygen from the lungs to all cells.