Adolescent

During puberty, nutritional requirements increase sharply because this is growth spurt time.

Omega-3 fatty acids

- Development
- Function
- Blood cleanser

Development

From birth to the early 20s, Omega-3 is one of the most important factors in the development of the brain and nervous system.

Function

It is essential for brain function, including concentration and learning abilities, memory retention and moods.

Blood cleanser

It acts as a blood cleanser, making the blood more fluid and allowing more oxygen to the brain.

Protein

Teenagers should have 3 servings of protein per day. These are the building blocks of the body and essential to their growth.

- Growth
- Animal protein
- Fish

Growth

We need protein for growth, body building and for repairing worn out or damaged tissues, especially bone cartilage and muscle.

Animal protein

Animal proteins are better than plant proteins, and the best sources are cheese, eggs, fish, meat and milk – these are complete proteins.

Fish

Fish is better than meat as the prime protein in fish is much more easily digested than that in meat and it is cheaper.

Calcium

- Vital
- Fish bones
- Low levels

Vital

Calcium is a mineral that is vital for strong bones and teeth. From birth to age 18 bones are forming and growing and calcium is essential for that.

Fish bones

The bones in Lucky Star are so soft that even a toddler can eat them - so either eat the fish as it is, bones and all, or mash the bones in with their sauce. Do not throw the bones away - they are a valuable source of calcium.

Low levels

If the calcium level in your blood falls below its normal range, the body will begin to draw on the supply in your bones.