

- **Micronutrients**

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Micronutrients are important in human nutrition, playing a role in the prevention and treatment of various diseases and conditions, as well as optimizing physical and mental functions. Two commonly known types of micronutrients are vitamins and minerals. Although these nutrients are required by the body in small amounts at a time, they play a significant role in our health. Unable to be produced by the body, consumption of micronutrients facilitates production of hormones, enzymes, and other essential materials for growth, metabolism, or regeneration of cells. A lack of these nutrients can lead to stunted growth in adolescents or the increased risk of different diseases in adulthood.

Although small amounts are required at a time, total absence of micronutrients can be serious. The lack of vitamins or minerals can have a bad effect on health, possibly affecting the immune system. Nutrient deficiencies can occur due to unbalanced diet, which is common in highly populated areas. In the fast-moving society, fast food comes in easy access to everyone. However, ingredients like trans-fat, sugar, additives, preservatives, and excessive sodium can have a negative impact on health, energy, and mood. Severely low amounts of minerals, vitamins, or antioxidants can result in diseases such as diabetes, cancer, or various heart issues.

To avoid nutrient deficiencies, healthy nutrition that include fruits and vegetables is something to practice. It's important to integrate fruits and vegetables into diets because they're full of vitamins, minerals, carbohydrates, and protein, all of which are necessary to carry out basic bodily functions.