

Minerals

Minerals are important to the body.

If you look around you, you will find minerals everywhere. Even in the iPad you are reading this from!

There are many types of minerals, but naming them all would waste too much time. So here are the most important ones:

- Iron. But not an entire ingot of iron. Iron is found in red meat, fruit and veg, and Kellogg's cereal. Iron gives blood its red color.
- Zinc. Believe it or not, the same zinc that is in oysters, crabs and lobsters, nuts, red meat and poultry is in the 9V battery that powers your drone. Zinc is important for clotting blood.
- Magnesium. This metal can burn in water and helps the body to digest food, move muscles, metabolize nutrients and give bone information to the brain.

DIETARY SOURCES OF MINERALS



calcium



magnesium



potassium



iron



zinc