

MINERALS



WHAT IS A MINERAL?

Minerals are micronutrients found in food that originally came from rocks, soil or water. Many minerals are **essential** and contribute to our body's daily functions.

The Health Benefits of Minerals

Iron	Supports oxygen transport in the blood and immune system functions	Found in beef, chicken, beans and spinach
Calcium	Necessary to build and maintain strong bones	Found in dairy products, kale, and sardines
Zinc	Important for wound healing, DNA creation and immune functions	Found in chicken, pork, nuts and shellfish
Potassium	Helps regulate the heartbeat, supports the function of muscles and nerves	Found in bananas, squash and potatoes

SHOULD YOU TAKE SUPPLEMENTS?

Most people are **already getting all of the minerals they need from their diet**. However, supplements are recommended for those who:

- Consume less than 1,600 calories a day
- Have been diagnosed with a mineral deficiency, like anemia

Work with your doctor to determine if supplements are right for you!

