



Minerals

Sources of Minerals

calcium

milk, cheese, broccoli, tofu, nuts

iron

meat, beans, nuts, leafy green vegetables e.g. kale

Minerals are essential nutrients that your body needs in small amounts to **keep the body healthy**.

Mineral	Function	Consequence of Deficiency
calcium	<ul style="list-style-type: none">• Helps to build strong bones and teeth.• Regulates muscle contractions.• Makes sure blood clots normally.	In extreme cases, this can lead to rickets – a disease that results in soft, weak bones. In later life, it can result in osteoporosis, a condition that weakens bones and makes them more likely to break.
iron	<ul style="list-style-type: none">• Important in making red blood cells, which carry oxygen around the body.	A lack of iron can lead to iron deficiency anaemia, which causes tiredness and lack of energy.

