

Minerals

Minerals are simple substances such as calcium, iron and salt that the body needs for building bones, carrying oxygen in the blood, and controlling blood pressure. You need to eat a lot of mineral-rich foods when your body is growing.



If you lose blood, then the iron it contained must be replaced or you will become weak. Dark green vegetables and liver are good sources of iron.

Young children need calcium from milk to build strong bones.

We need some salt in our diet to replace the sodium we lose by sweating, but too much salt can raise our blood pressure.

Vitamins

Vitamins are special substances that your body needs in tiny amounts but cannot make itself.

