

Vitamins and Minerals

Your body needs vitamins and minerals. Even though they are tiny and you can't see them with your eyes, they do a lot of work in your body to keep you healthy and strong. If you didn't get vitamins and minerals, your body would come to a complete stop.

Vitamins

Vitamins are made up of many chemicals that are made in plants that control many processes in your body.

Vitamin	What it Does	Where to Get It
A	Keeps eyes healthy; builds healthy bones and skin	Orange fruits and veggies, dark green veggies like spinach and kale
D	Builds strong bones and teeth	Fortified milk, liver, fish, cereals
B group	Helps body use energy; helps heart, nerves, and blood work	Whole grains, fish, eggs, leafy green veggies, mild products, beans, peas
C	Keeps gums and muscles healthy; fight infections	Oranges, tomatoes, broccoli, strawberries, green peppers
E	Protects eyes, liver, skin, and lungs	Whole grains, egg yolks, nuts, leafy green veggies
K	Helps stop bleeding	Dairy products, broccoli, leafy green veggies

Minerals

Minerals are elements found in the earth. The plants take some of them up through the roots. Your body uses them to build tissues and to keep your body working properly. Here are some minerals found in plants.

- Calcium builds strong bones and teeth. It also helps your muscles work. It is found in milk.
- Magnesium and Potassium help your muscles work.
- Potassium also helps your heart keep a steady beat.
- Iron is important because your body needs it to make the protein. Without this protein your red blood can't carry oxygen from your lungs to the rest of your body.
- Zinc helps your bones form properly, have smooth skin, have a healthy appetite, heals wounds rapidly, builds strong teeth, helps sustain a strong immune system.
- Fluorine is used to prevent cavities in your teeth.

Nutrition

& the Food Pyramid

