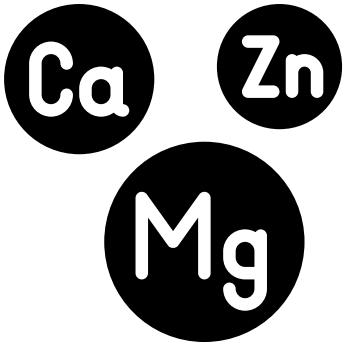
Meet Your Minerals

Discover these five essential minerals that play a significant role in our bodies. Explore their primary functions, as well as where to source them in everyday foods!



Minerals and Child Nutrition

- Adequate **calcium** is especially important during childhood and adolescence because it promotes skeletal formation and growth.
- **Iron deficiency** is one of the most common micronutrient deficiencies in kids and can result in growth and developmental problems.

Nutrient	Food Sources
Calcium | Ca: The most abundant mineral in the body, calcium plays an important role in bone/tooth formation, muscle contraction and blood clotting.	Primarily found in dairy products, oats, cereal, beans, oranges, and broccoli.
Iron | Fe: Primarily found in the blood and in muscles, iron helps with transporting and storing oxygen in the body. To maximize absorption, pair with foods high in Vitamin C.	Can be found in oats, beans, lean ground beef, brown rice, peanut butter.
Phosphorous | P: Found throughout the body, phosphorus acts as a structural component in bones and cell membranes, plays a key role in energy transfer/storage in the body, and is part of our DNA.	Most abundant in chicken, whole wheat bread, beans, dairy products.
Magnesium | Mg: Located mostly in bones and soft tissues, magnesium plays a major role in enzyme reactions, but also helps with bone formation and DNA formation and replication.	Popular sources of magnesium include nuts, beans, oats, barley, spinach, milk.
Zinc | Zn: Found in all organs, tissues and body fluids, zinc plays a role in immune function, genetic expression, tissue growth and enzyme reactions.	Found in seafood, ground beef, whole wheat bread, mushrooms.

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