



HEALTHY HINTS

The top 4 major minerals in the body are calcium, magnesium, potassium, and sodium.

These minerals are found in many foods including leafy greens, other veggies, dairy, fruits, and meat.

They help your body have energy to function, flourish, and repair itself!

This week we learned about:

MACROMINERALS AND MICROMINERALS

Macrominerals are minerals your body needs in *larger* amounts.

Examples: calcium, sodium, and potassium

Sources: milk, table salt, meats, fruits, etc.



Microminerals are minerals your body needs in *smaller* amounts.

Examples: iron, zinc, and iodine

Sources: leafy green veggies, meats, milk, ocean fish, etc.

Remember: Eating a variety of foods is the best way to get all the vitamins and minerals you need each day!

**NEXT TIME (01/31/20):
Reading Nutrition Labels!**

