



Mighty minerals



Like vitamins, minerals help you grow and stay healthy. They are micronutrients and are only needed in small amounts. Calcium, iodine, iron, sodium, zinc, phosphorus, and other minerals play a vital role in the different ways our bodies work.

Calcium and iron are important minerals for teenagers. While you're still growing, you need calcium to build healthy, strong bones. You can get calcium in milk, yoghurt, and cheese, canned salmon and sardines, almonds and hazelnuts, and beans and legumes.

Foods rich in iron are also important for teenagers, especially girls who

lose iron during their periods. If you don't have enough iron you might feel tired and not have much energy.

The best sources of iron are lean meat, chicken, and fish, eggs, nuts, baked beans and lentils, wholegrain bread, and vegetables like broad beans, peas, and spinach. Eating foods rich in vitamin C also helps your body to absorb iron.

During cooking or processing, the structure of a mineral doesn't change, but when vegetables are chopped and boiled the minerals they contain can be lost.

