

# LET'S LEARN ABOUT MINERALS!

In "mini" amounts, the many minerals in food do many marvellous things in your body. They give your bones structure (calcium), carry oxygen in your blood (iron), and regulate your heartbeat (potassium), just to name a few.

Minerals are like vitamins, the only way to meet your mineral needs is to eat a variety of foods from all the food groups.



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