

# TOP FOOD

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Match the vitamin/mineral with its body helping job!

Calcium

– helps you grow and repairs cuts and wounds, keeps your teeth and gums healthy, plus it helps absorb iron.

Fibre

– good for strong immunity and healthy skin & eyes.

Folate

– used to build bones and teeth.

Iron

– keeps eyes and skin healthy and helps to protect against infections.

Magnesium

- Important for bowel function and makes you feel full.

Phosphorus

– helps you stop bleeding when you are cut, helps build strong bones and helps prevent heart disease.

Potassium

– a mineral used in building bones and releasing energy from muscles.

Vitamin A

– Helps the body make red blood cells.

B Vitamins

– helps the immune system function properly to prevent you from getting sick.

Vitamin C

– helps your body absorb of calcium and phosphorus for your strong bones and teeth.

Vitamin D

– used for growth and repair of cells and tissues and works with calcium to provide structure and strength.

Vitamin E

– help the body release energy from protein, fat, and carbohydrates, and helps the nervous system.

Vitamin K

– is used to carry oxygen in the blood, and helps your brain and body use the energy it gets from food.

Zinc

- May lower blood pressure and help reduce bone loss.