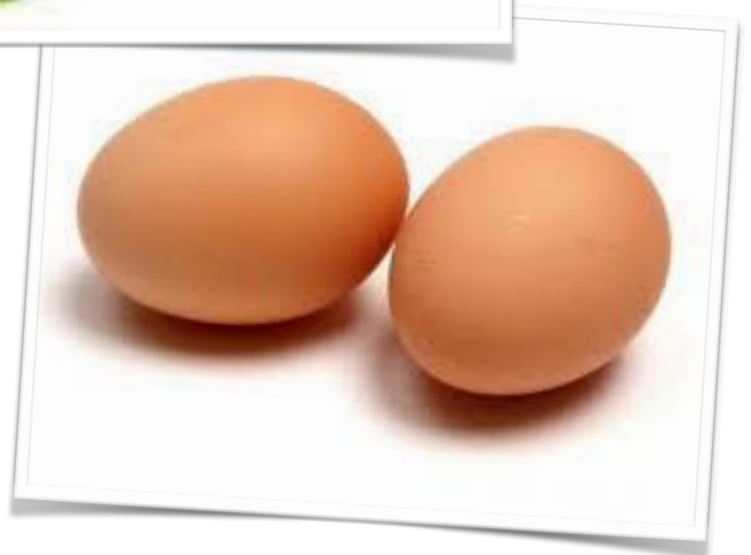


Macronutrients

The role of minerals



Macronutrients

The importance of minerals in nutrition

For a start minerals are different to vitamins as they do not breakdown and are not susceptible to heat.

A few other importance facts about Minerals

- They are found in the soil
- This means we consume our minerals from plants and animals. Animals eat plants and some of us eat animals!
- They are vital to our survival as they include components of hormone, vitamins and coenzymes (helps specific functions to take place)
- They contribute to the body's building and regulatory processes

Lets take a look at building functions this week.

Building functions

- Red blood cells - Iron is utilised in haemoglobin (a protein) that transports oxygen from the lungs to our muscles. Copper is used to create red blood cells. Copper works with iron to help the body create red blood cells.



Spinach contains iron. Perfect with scrambled eggs for breakfast or even a stir-fry for your dinner. Asparagus too is the perfect source for your copper intake.

- ▶ Nails - sulphur can be found in skin nails and hair. It helps maintains everything from skin, joints to a healthy digestive system.



Eggs are a great source of sulphur, along with meat, poultry and fish.

- ▶ Teeth - calcium and phosphorus help to maintain our teeth and bones

Bones are the biggest mineral storage sites in the body with phosphorous and calcium being major sources.



Bananas are a great source of phosphorous and low fat yoghurts are a good source of calcium.

Meal ideas for the week

- ▶ Banana smoothie - two bananas, half a pint of semi skimmed milk, and 200 grams low fat yoghurt. Maybe add a spot of honey for taste. **Your Phosphorous and calcium intake**
- ▶ Scrambled or poached eggs - Two eggs with some ham (two slices) - **Your Sulphur intake.**
- ▶ Spinach with some hard boiled eggs - As much spinach as you like with two hard boiled eggs. **Your Iron intake.** A nice brunch meal