



- Eating a healthy diet keeps teeth, gums and our body healthy
- We need different vitamins and minerals to stay healthy
- By eating a balanced diet of fruit, vegetables, carbohydrates and protein we can get most of the vitamins and minerals our body needs

## VITAMINS AND MINERALS YOUR BODY NEEDS



- Calcium (bone health)
- Zinc (growth and development)
- Iron (Vital for overall health)
- Iodine (thyroid function)
- Omega-3 (brain and heart health)
- Protein (builds and repairs muscle and supports immune system)
- Vitamin C (supports immune system)
- Vitamin D (bone health)
- Vitamin B12 (blood health)