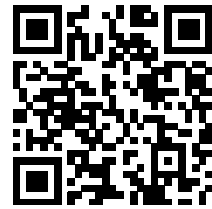


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# Minerals in Nutrition



In the world of \_\_\_\_\_, minerals play a crucial role in keeping our bodies healthy and functioning correctly. These substances are found in various \_\_\_\_\_ and are essential for many bodily functions. For example, calcium is key for bone health, while \_\_\_\_\_ is vital for the transportation of oxygen in the blood. The body requires these nutrients in specific amounts to maintain \_\_\_\_\_ and prevent diseases. Minerals are divided into two categories: \_\_\_\_\_ minerals and trace minerals. Macro minerals, such as calcium and magnesium, are needed in larger quantities. Trace minerals, like \_\_\_\_\_ and zinc, are just as crucial but required in smaller amounts. Each mineral has a unique role in the body. For instance, potassium helps to regulate \_\_\_\_\_ balance, and zinc supports the immune system.

Our diets must include a wide range of \_\_\_\_\_ to meet our mineral needs. Dairy products, meats, fruits, and vegetables are excellent sources. However, the \_\_\_\_\_ quality where these foods are grown can affect their mineral content. Therefore, eating a diverse diet is essential for getting a broad \_\_\_\_\_ of minerals.

Interestingly, not only do minerals support physical functions, but they also have \_\_\_\_\_ in mental health. For example, magnesium is known to have a calming effect on the nervous \_\_\_\_\_.

Inadequate intake of certain minerals can lead to health \_\_\_\_\_. Anemia, for example, can result from insufficient iron. Similarly, a lack of calcium can increase the risk of \_\_\_\_\_. This highlights the importance of a balanced diet that includes a variety of minerals.

In conclusion, \_\_\_\_\_ are indispensable to our health, supporting everything from bone strength to mental well-being. Ensuring a diet rich in minerals is key to maintaining a healthy \_\_\_\_\_.

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system minerals fluid soil nutrition issues iron