

# TOP FOOD

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## KEY

**Calcium** – used to build bones and teeth.

**Fibre** - Important for bowel function and makes you feel full.

**Folate** – Helps the body make red blood cells.

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

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

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

**Potassium** - May lower blood pressure and help reduce bone loss.

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

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

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

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

**Vitamin E** – is good for strong immunity and healthy skin and eyes.

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

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