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Date _____

The Importance of Minerals

The human body needs minerals to survive. Without minerals, the body could not function properly. The minerals that make up rocks are the same minerals that someone might eat in a bowl of cereal! The body needs about 80 different types of minerals to function properly. Iron enriches the blood, salt maintains fluid balance, calcium fortifies the bones, and fluorine strengthens the teeth. Most vital minerals can be absorbed into the body from eating plants and lean meats. However, many food manufacturers add minerals to their products to make them more desirable to consumers. Eating a balanced diet can ensure that the proper amount of these essential minerals is ingested.

