Potassium
Mineral

Keeps body fluid balanced

Normal function of cells

Helps build muscle and maintain body growth

Regulates blood pressure

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Magnesium

Mineral

Vital for normal function of parathyroid glands which produce hormones for bone health

Contributes to bone structure development

Plays a role in glucose metabolism

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Iron
Mineral

Key component of haemoglobin which transfers oxygen from lungs to tissues

Prevents anaemia

Normal energy metabolism

Key in growth & development

Key role in immune system

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Zinc
Trace element

- Vital for growth & repair
- Key in healing wounds
- Involved with process of carbohydrates, fats & proteins
- Role in Immune function
- May help with a common cold
Calcium
Mineral

Vital for development & maintaining healthy bone & teeth

Regulates muscle contraction

Regulates blood pressure

Necessary for blood clotting

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Iodine
Trace element

Vital for hormone production in the thyroid glands

Iodine content varies depending on the amount in the soil

Normal neurological development during childhood

Key roles in nervous & immune system

Important for fetal development

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Riboflavin

Role in cell function, growth & development

Energy production from carbohydrates, protein & fats

Involved in iron transportation & metabolism
Vitamin A

Vital for vision

Supports cell growth & differentiation

Normal function of immune function

Reduces the rate of age-related macular degeneration (vision loss with age)

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Folate
Vitamin B9

Involved in healthy formation of red blood cells

Normal function of cell division

Normal structure of nervous system

Key in pregnancy to avoid neural tube defects
Fibre

Only in plant-based food

Soluble fibre: dissolves in digestive system

Maintains healthy bowel movement

Insoluble fibre: does not dissolve & help food pass the digestive system

Improves glycaemic control

Promotes feeling of fullness
Selenium
Trace Element

Properties of an antioxidant
Prevents oxidative damage to cells & tissue

Role in the immune system & the reproductive system

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Vitamin C

Antioxidant

Protects the body from free radicals, which attack important macromolecules, preventing oxidative stress

Involved in collagen synthesis

Role in healthy immune system & connective tissue & neurological function

Prevents scurvy & the common cold
Vitamin E
Antioxidant

Protects the body from free radicals, which attack important macromolecules, preventing oxidative stress

Role in immune system & metabolic process

Maintains healthy skin & eyes