

# Vitamins and Minerals: How to Get What You Need

Minerals and vitamins are crucial components that our bodies need to function effectively. They are essential for many body processes, such as bone, tooth, and blood cell formation and immune system maintenance. However, obtaining all the vitamins and minerals your system requires through your daily meals alone can be difficult. This is where dietary supplements like [magnesium complex](#) can be helpful. However, you first need to understand what vitamins and minerals do.



Photo by Michele Blackwell on Unsplash

## Vitamins

There are two primary categories of vitamins: fat-soluble and water-soluble vitamins. Vitamins A, D, E, and K are fat-soluble vitamins retained in the body's fat tissues and can

build up over time. On the other hand, water-soluble vitamins, such as vitamin C and the B-complex, must be supplemented daily since they're not stored within the human body.

## **Minerals**

Minerals are categorized into two main types: major and trace minerals. Trace minerals are minerals that the body requires in minimal proportions. Examples of trace minerals include iron, zinc, and copper.

Major minerals are those that our bodies require in higher concentrations since they are necessary nutrients. Examples include calcium, magnesium, and potassium. These minerals carry out countless specific body processes, including the development of strong bones, the transport of oxygen, and immune system support.

## **How to Get What You Need?**

### **Eat a Balanced Diet**

One way to ensure you get the necessary vitamins and minerals is to eat a balanced, diverse diet with various nutrient-rich foods. Lean proteins, whole grains, citrus fruits, low-fat dairy products, and leafy green vegetables are some of the most significant sources of vitamins and minerals. Including them in your meal plans will enrich your body with the necessary vitamins and minerals like iron, zinc, and vitamins A, C, and K.

### **Take Dietary Supplements**

However, getting your body's nutrients can be tricky, even with a healthy diet. This is when dietary supplements can be helpful. Supplements aid in filling the nutritional gap between your regular dietary intake and requirements. For

example, by taking a daily multivitamin supplement, you can be sure your body receives all the necessary vitamins and minerals. While supplements may be helpful for those deficient in specific nutrients or who cannot consume enough of them through diet alone, they should not replace a healthy diet.

In addition, some supplements could have adverse effects or interfere with prescription drugs. It is, therefore, advisable to always seek medical advice before beginning a supplement regimen. It is also important to observe moderation when consuming vitamins and minerals, as overdoing so can harm your health.

## **Stay Informed**

Learning about your nutrients is also crucial. Every vitamin and mineral serves a particular purpose in the body. For instance, iron is necessary for producing healthy red blood cells, while vitamin D aids in the body's calcium absorption. Making educated decisions regarding your food and supplements can be easier if you know the nutrients you need and how they work.

## **Conclusion**

Ensuring a proper ratio of vitamins and minerals is essential for preserving good health. Therefore, ensure that your body receives all the vitamins and minerals it needs to perform at its optimum by choosing nutritious foods and supplementing when necessary.