

## Mayo Clinic Minute

### Do you get enough of these 4 nutrients?

VIDEO	AUDIO
Graphics: Calcium Potassium Iron Vitamin D	Calcium, potassium, iron and vitamin D all help to build a better body.
	<i>Sound of weight hitting stack of other weights</i>
	Calcium plays an important role in our bones.
	But dietitian Kate Zeratsky says there are more benefits to the nutrient that comes in milk, almonds and leafy greens.
Title: KATE ZERATSKY DIETITIAN Mayo Clinic	Calcium is also very important in muscle contraction, and it helps control our blood pressure.
	<i>Sound of a blood pressure cuff being inflated</i>
	Potassium is an electrolyte that also supports healthy muscles and blood pressure, and getting it is easy.
	If you eat more fruits and vegetables, you're going to get more potassium.
.	If some of those vegetables are leafy greens, you'll be adding iron too. Beans, meats and seafood are even better sources of the nutrient.
	The role of iron in our body is to help carry oxygen around to our working muscles.
	<i>Sound barbell being set down</i>
	And Zeratsky says vitamin D helps your body absorb calcium and boosts your immune system.
	<i>Sound of milk being poured</i>
	Get this nutrient with a cold glass of fortified milk,

	mushrooms or fatty fish.
Graphic: <a href="http://newsnetwork.mayoclinic.org">newsnetwork.mayoclinic.org</a>	For the Mayo Clinic News Network, I'm Jeff Olsen.