1. Vitamins

**Vitamins Hang Out in Water and Fat**
There are two types of vitamins: **fat soluble** and **water soluble**. When you eat foods that contain fat-soluble vitamins, the vitamins are stored in the fat tissues in your body and in your liver. They wait around in your body fat until your body needs them.

Fat-soluble vitamins are happy to stay stored in your body for awhile — some stay for a few days, some for up to 6 months! Then, when it's time for them to be used, special carriers in your body take them to where they're needed. Vitamins A, D, E, and K are all fat-soluble vitamins.

Water-soluble vitamins are different. When you eat foods that have water-soluble vitamins, the vitamins don't get stored as much in your body. Instead, they travel through your bloodstream. Whatever your body doesn't use comes out when you urinate (pee).

So these kinds of vitamins need to be replaced often because they don't stick around! This crowd of vitamins includes vitamin C and the big group of B vitamins — B1 (thiamin), B2 (riboflavin), niacin, B6 (pyridoxine), folic acid, B12 (cobalamine), biotin, and pantothenic acid.
2. MINERALS

Did you ever notice how TV commercials for breakfast cereal always mention vitamins and minerals? But when you think of minerals, food isn't the first thing that comes to mind. Aren't minerals something you find in the earth, like iron and quartz?

Well, yes, but small amounts of some minerals are also in foods — for instance, red meat, such as beef, is a good source of iron. Just like vitamins, minerals help your body grow, develop, and stay healthy. The body uses minerals to perform many different functions — from building strong bones to transmitting nerve impulses. Some minerals are even used to make hormones or maintain a normal heartbeat.

Calcium

Calcium is the top macromineral when it comes to your bones. This mineral helps build strong bones, so you can do everything from standing up straight to scoring that winning goal. It also helps build strong, healthy teeth, for chomping on tasty food. Which foods are rich in calcium?

- dairy products, such as milk, cheese, and yogurt
- canned salmon and sardines with bones
- leafy green vegetables, such as broccoli
- calcium-fortified foods — from orange juice to cereals and crackers
3. More Minerals

Iron
The body needs iron to transport oxygen from your lungs to the rest of your body. Your entire body needs oxygen to stay healthy and alive. Iron helps because it's important in the formation of hemoglobin (say: hee-muh-glo-bun), which is the part of your red blood cells that carries oxygen throughout the body.

Which foods are rich in iron?
- meat, especially red meat, such as beef
- tuna and salmon
- eggs
- beans
- baked potato with skins
- dried fruits, like raisins
- leafy green vegetables, such as broccoli
- whole and enriched grains, like wheat or oats

Potassium
Potassium (say: puh-tah-see-um) keeps your muscles and nervous system working properly. Did you know your blood and body tissues, such as muscles, contain water? They do, and potassium helps make sure the amount of water is just right.

Which foods are rich in potassium?
- bananas
- broccoli
- tomatoes
- potatoes with skins
- leafy green vegetables, such as broccoli
- citrus fruits, like oranges
- dried fruits
- as beans, peas, lentils, and peanuts
4. WATER

What do you, the trees, and a hamster have in common? Give up? You all need water. All living things must have water to survive, whether they get it from a water fountain, a rain cloud, or a little bottle attached to the side of a hamster cage. Without water, your body would stop working properly. Water makes up more than half of your body weight and a person can't survive for more than a few days without it. Why? Your body has lots of important jobs and it needs water to do many of them. For instance, your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.

How Much Is Enough?

Since water is so important, you might wonder if you're drinking enough. There is no magic amount of water that kids need to drink every day. Usually, kids like to drink something with meals and should definitely drink when they are thirsty. But when it's warm out or you're exercising, you'll need more. Be sure to drink some extra water when you're out in warm weather, especially while playing sports or exercising.

When you drink is also important. If you're going to sports practice, a game, or just working out or playing hard, drink water before, during, and after playing. Don't forget your water bottle. You can't play your best when you're thinking about how thirsty you are!

When your body doesn't have enough water, that's called being dehydrated. Dehydration also can keep you from being as fast and as sharp as you'd like to be. A bad case of dehydration can make you sick. So keep that water bottle handy when the weather warms up! Not only does water fight dehydration, but its refreshing and has 0 calories!