

Vitamins, Minerals & Other Nutrients

| Resources | Information |
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| Minerals | Information on minerals – what they do and where to find them https://www.healthlinkbc.ca/health-topics/ta3912 |
| Omega 3 | Omega 3s – what they are and where to find them https://www.unlockfood.ca/en/Articles/Heart-Health/Omega-3-fats-deliver-Oh-Mega-benefits.aspx |
| Vitamin B12 | Vitamin B12 – what it is and where to find it https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/What-You-Need-to-Know-About-Vitamin-B12.aspx |
| Vitamin D | Vitamin D – what it is and where to find it https://www.unlockfood.ca/en/Articles/Vitamins-and-Minerals/What-you-need-to-know-about-Vitamin-D.aspx |
| Vitamins | Information on vitamins – what they do and where to find them https://www.healthlinkbc.ca/health-topics/ta3868 |