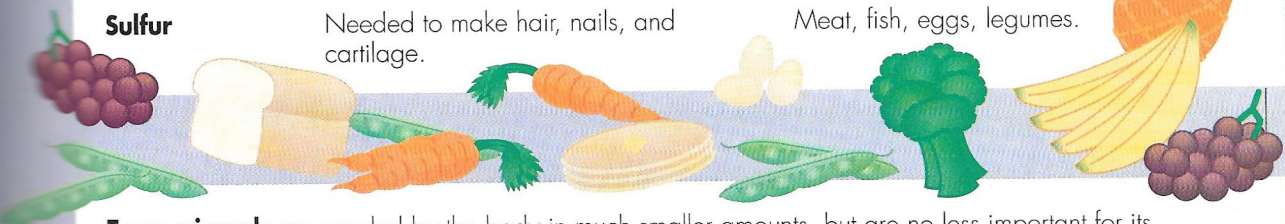


Major minerals (also known as macrominerals) are needed by the body in relatively large amounts.

Mineral	Main role	Good food source
Calcium	Needed for bone and teeth formation and bone maintenance; plays a role in muscle contraction and blood clotting.	Milk, milk products, canned salmon and sardines with bones, dark green leafy vegetables.
Chloride	Regulates fluid and electrolyte balances; forms part of gastric juice.	Salt, processed foods.
Magnesium	Needed for bone and teeth formation; aids in release of energy, nerve and muscle function.	Dark green leafy vegetables, nuts, seeds, whole-grain foods, legumes, milk.
Phosphorus	Builds and strengthens bones; helps release energy from nutrients.	Milk, cheese, meat, fish, poultry, eggs, whole grains, legumes, nuts.
Potassium	Helps to transmit nerve impulses, control muscle contraction, and maintain proper blood pressure.	Many fruits and vegetables; cereals, legumes, meat.
Sodium	Regulates fluid and acid-base balance.	Salt, processed foods.
Sulfur	Needed to make hair, nails, and cartilage.	Meat, fish, eggs, legumes.



Trace minerals are needed by the body in much smaller amounts, but are no less important for its functioning than the major minerals.

Mineral	Main role	Good food source
Chromium	Helps insulin work efficiently in glucose metabolism.	Brewer's yeast, calf's liver, whole-grain cereals, peanuts, American cheese, wheat germ.
Copper	Needed for iron absorption and metabolism; helps form red blood cells and nerve fibers.	Liver, kidney, seafood, nuts, seeds, tap water.
Fluoride	Contributes to bone and teeth maintenance.	Fluoridated tap water, tea, sardines with bones.
Iodine	Needed to form thyroid hormones.	Iodized salt, seafood, saltwater fish, dairy products, vegetables.
Iron	Helps transport oxygen in blood and muscles; involved in enzyme activities related to energy use.	Liver, meat, eggs, dark green leafy vegetables, cereals.
Manganese	Needed for bone formation; involved in fat synthesis.	Whole grains, fruits, vegetables, tea, legumes, nuts.
Molybdenum	Aids in metabolism.	Milk, legumes, whole-grain breads and cereals.
Selenium	Works in association with vitamin E as an antioxidant (p.45).	Liver, kidney, seafood, meat, whole grains.
Zinc	Needed for metabolism and digestion; aids in wound healing, growth, tissue repair, and sexual development.	Liver, seafood, meat, eggs, poultry, fish, whole-grain cereals.