

MAIN FOOD SOURCES OF MINERALS

	Liver	Poultry	Red Meat	Milk	Cheese	Butter	Margarine	Eggs	Fish	Cereals	Bread	Green Veg	Root Veg	Legumes	Pulses	Nuts	Fruit
Calcium				✓	✓							✓		✓	✓	✓	
Chromium			✓		✓					✓	✓	✓					
Copper	✓	✓	✓						✓	✓	✓	✓		✓	✓	✓	
Fluoride									✓								
Iodine				✓	✓				✓	✓	✓						
Iron	✓	✓	✓					✓	✓	✓	✓	✓					
Magnesium				✓					✓	✓	✓	✓					
Phosphorus	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Potassium	✓		✓							✓	✓	✓		✓	✓		✓
Selenium	✓		✓	✓					✓	✓	✓						
Sodium	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Zinc			✓		✓				✓	✓	✓			✓	✓		

Calcium: Dark green leafy vegetables, coya bean products, and nuts are a non-dairy alternatives. This mineral is also found in hard or alkaline water.

Chromium: unrefined wholemeal cereals are rich source of this mineral. Brewers' yeast is the richest food source of chromium. Many researchers believe that it can be helpful in reducing blood sugar in cases of Type 2 diabetes.

Copper: wholemeal cereals, mushrooms and shell fish are a rich source of copper. It is believed to play a role in preventing high blood pressure, heart arrhythmia, keeping cholesterol low.

Fluoride: wholemeal cereals, seafood and fluoridated water are rich sources of copper.

Iodine: adequate amounts can be found in saltwater fish and bread. iodized salt, and sea vegetables are high in iodine. Iodine is used by the thyroid gland to produce hormones which regulate all key metabolic functions including blood cell production, nerve and muscle function.

Iron: red meat, liver and enriched or whole grains.

Magnesium: present in alkaline water, dark leafy vegetables such as spinach.

Phosphorus: large amounts can be found in carbonated beverages and food additives.

Potassium: the best sources are fruit and vegetables, especially bananas, potatoes and oranges.

Selenium: Seafood is the richest source of this mineral. It is considered good for antioxidant purposes, anti-inflammatory properties. Youthful elasticity in the tissues, cataracts, macular degeneration and cancer, among other body ailments

Sodium: is present in all foods, especially table salt, potato crisps, processed foods, crackers, and pickled, cured, or smoked meats, as well as seafood and vegetables. It is also present in softened water.

Zinc: The highest amounts can be found in wholemeal bread and cereals.