

Minerals, Some of Their Actions, and Good Food Sources		
Mineral	Actions	Sources
Calcium	<ul style="list-style-type: none"> ● Needed for forming bones and teeth ● Helps nerves and muscles function 	Canned salmon with bones, sardines, milk, cheese, yogurt, Chinese cabbage, bok choy, kale, collard greens, turnip greens, mustard greens, broccoli, and calcium-fortified orange juice
Chloride	<ul style="list-style-type: none"> ● Needed for keeping the right amounts of water in the different parts of your body 	Salt, seaweed, rye, tomatoes, lettuce, celery, olives, sardines, beef, pork, and cheese
Copper	<ul style="list-style-type: none"> ● Helps protect cells from damage ● Needed for forming bone and red blood cells 	Organ meats, shellfish (especially oysters), chocolate, mushrooms, nuts, beans, and whole-grain cereals
Fluoride	<ul style="list-style-type: none"> ● Needed for forming bones and teeth 	Saltwater fish, tea, coffee, and fluoridated water
Iodine	<ul style="list-style-type: none"> ● Needed for thyroid gland function 	Seafood, iodized salt, and drinking water (in regions with iodine-rich soil, which are usually regions near an ocean)
Iron	<ul style="list-style-type: none"> ● Helps red blood cells deliver oxygen to body tissues ● Helps muscles function 	Red meats, poultry, fish, liver, soybean flour, eggs, beans, lentils, peas, molasses, spinach, turnip greens, clams, dried fruit (apricots, prunes, and raisins), whole grains, and fortified breakfast cereals
Magnesium	<ul style="list-style-type: none"> ● Needed for forming bones and teeth ● Needed for normal nerve and muscle function 	Green leafy vegetables, nuts, bran cereal, seafood, milk, cheese, and yogurt
Phosphorus	<ul style="list-style-type: none"> ● Needed for forming bones and teeth ● Needed for storing energy from food 	Milk, yogurt, cheese, red meat, poultry, fish, eggs, nuts, peas, and some cereals and breads
Potassium	<ul style="list-style-type: none"> ● Needed for normal nerve and muscle function ● Needed for keeping the right amounts of water in the different parts of your body 	Milk, bananas, tomatoes, oranges, melons, potatoes, sweet potatoes, prunes, raisins, spinach, turnip greens, collard greens, kale, most peas and beans, and salt substitutes (potassium chloride)
Selenium	<ul style="list-style-type: none"> ● Helps protect cells from damage ● Needed for thyroid gland function 	Vegetables, fish, shellfish, red meat, grains, eggs, chicken, liver, garlic, brewer's yeast, wheat germ, and enriched breads
Sodium	<ul style="list-style-type: none"> ● Needed for normal nerve and muscle function ● Needed for keeping the right amounts of water in the different parts of your body 	Salt, milk, cheese, beets, celery, beef, pork, sardines, and green olives
Zinc	<ul style="list-style-type: none"> ● Needed for healthy skin ● Needed for wound healing ● Helps your body fight off illnesses and infections 	Liver, eggs, red meats, oysters, certain seafood, milk products, beans, peas, lentils, peanuts, nuts, whole grains, fortified cereals, wheat germ, and pumpkin seeds