



Minerals	Helps	Best Resources
<b>Calcium</b>	support of bones, teeth, muscle tissue, regulates heartbeat, muscle action, nerve function, blood clotting	lowfat or nonfat milk products, calcium fortified orange juice & soy milk, salmon with bones, green leafy vegetables
<b>Chromium</b>	needed for glucose metabolism, increases effectiveness of insulin, muscle function	cheese, whole grains, meat, peas, beans
<b>Copper</b>	formation of red blood cells, pigment, needed fro bone health	nuts, dried beans, oysters, cocoa powder
<b>Iodine</b>	function of thyroid glad, which controls metabolism	seafood, oxidized salt
<b>Iron</b>	formation of hemoglobin in blood & myoglobin in muscle, which supply oxygen to cells	meat, fish, poultry, organ meats, beans, whole & enriched grains, green leafy vegetables
<b>Magnesium</b>	enzyme activation, nerve & muscle function, bone growth	nuts, green vegetables, whole grains, beans
<b>Manganese</b>	bone growth & development, sex hormone production, cell function	nuts, whole grains, vegetables, fruits, tea, coffee, bran
<b>Phosphorus</b>	bone development, carbohydrate, fat & protein utilization	meat, poultry, fish, eggs, lowfat milk products, beans, whole grains
<b>Potassium</b>	fluid balance, control activity of heart muscle, nervous system	vegetables, fruits, beans, bran cereal, lowfat milk products
<b>Selenium</b>	fights cell damage from oxidation	seafood, lean meat, grains, eggs, chicken, garlic
<b>Zinc</b>	taste & smell sensitivity, regulation of metabolism, aids in healing	lean meat, eggs, seafood, whole grains, lowfat milk products

# M I N E R A L

guide



HealthCastle.com is the most comprehensive nutrition community run by Registered Dietitians on the Internet. Accredited by the Health on Net Foundation, we are your trusted one-stop library for nutrition tips. To get other exclusive nutrition guides, [sign up for FREE now!](#)



**HealthCastle.com**  
Simply Better Health

