

Minerals	Function	Food sources
Sodium	Helps regulate body fluids and is involved in energy release, functioning of nerves and muscle contraction. Increases blood pressure	Salt, bread and cereal products, bacon, ham, shellfish, smoked fish, soy sauce and foods that have been preserved by using salt
Potassium	Is used in the body's fluid balance and is involved in membrane functions, muscle function and reduces blood pressure	Potatoes, vegetables, greens, pork, dairy products, fruit (especially bananas) and juices
Calcium	For bones and teeth, blood clotting, hormone secretion, muscle and nerve function	Milk, cheese, bread and flour, green leafy vegetables and small oily fish with bones
Magnesium	Involved in muscle tone and activates enzymes	Milk, bread, potatoes and vegetables
Iron	Necessary for the manufacture of hemoglobin in blood (red cells) oxygen transport and transfer to tissues, activates enzymes	Red meats, liver, flour and cereal products, potatoes and vegetables
Zinc	For growth, bone metabolism, activation of enzymes, release of vitamin A from liver, immune system, taste and insulin storage	Meat, liver, seafood (especially oysters) milk, bread and cereals
Copper	Essential for enzyme function, especially blood formation, bone metabolism, immune system, nerve function and energy metabolism	Oysters, mussels, whelks, liver, brewer's yeast, whole grains, nuts and cocoa
Manganese	Necessary for enzyme activation and cell structure (works with calcium and iron)	Whole meal bread, wheat germ, nuts, avocados, peas and tea
Molybdenum	Involved in enzyme functions	Liver, kidney, wheat germ, lentils, sunflower seeds, eggs and beans
Selenium	Has an enzyme function protecting cell membranes and fats from oxidative damage (works with vitamin E)	Nuts (especially brazils), seeds, bread, fish and meat (especially pork)
Chromium	Enhances the action of insulin on glucose uptake by cells	Egg yolk, liver, cheese, whole meal products, molasses and brewer's yeast
Iodine	A necessary component of thyroid hormones	Oily fish, seaweed, meat, milk and iodized table salt
Phosphorus	Accommodates energy stores, bones, membrane function and growth	Dairy products, eggs, meat, fish, soy beans, soy products, pulses and wheat bran