



Minerals	Helps	Best Resources
Calcium	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
Chromium	needed for glucose metabolism, increases effectiveness of insulin, muscle function	cheese, whole grains, meat, peas, beans
Copper	formation of red blood cells, pigment, needed for bone health	nuts, dried beans, oysters, cocoa powder
Iodine	function of thyroid gland, which controls metabolism	seafood, oxidized salt
Iron	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
Magnesium	enzyme activation, nerve & muscle function, bone growth	nuts, green vegetables, whole grains, beans
Manganese	bone growth & development, sex hormone production, cell function	nuts, whole grains, vegetables, fruits, tea, coffee, bran
Phosphorus	bone development, carbohydrate, fat & protein utilization	meat, poultry, fish, eggs, lowfat milk products, beans, whole grains
Potassium	fluid balance, control activity of heart muscle, nervous system	vegetables, fruits, beans, bran cereal, lowfat milk products
Selenium	fighting cell damage from oxidation	seafood, lean meat, grains, eggs, chicken, garlic
Zinc	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

