



Food Sources of Various Minerals

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- ▶ **Iron:** Hematopoiesis, the transport of oxygen in the blood Meat, egg yolks, sausages, breakfast cereals, stuffed barley, millet
- ▶ **iodine:** Combination of thyroid hormones Ocean fish, seafood, foods prepared with iodized salt
- ▶ **Florin:** Tooth resistance against decay, strengthening tooth enamel Fish, breakfast cereal, walnuts, black tea, mineral water
- ▶ **Selenium:** Cellular protein Liver, fish, meat, nuts, legumes, breakfast cereals
- ▶ **zinc:** The body's defense system wound healing Meat, oysters, cheese



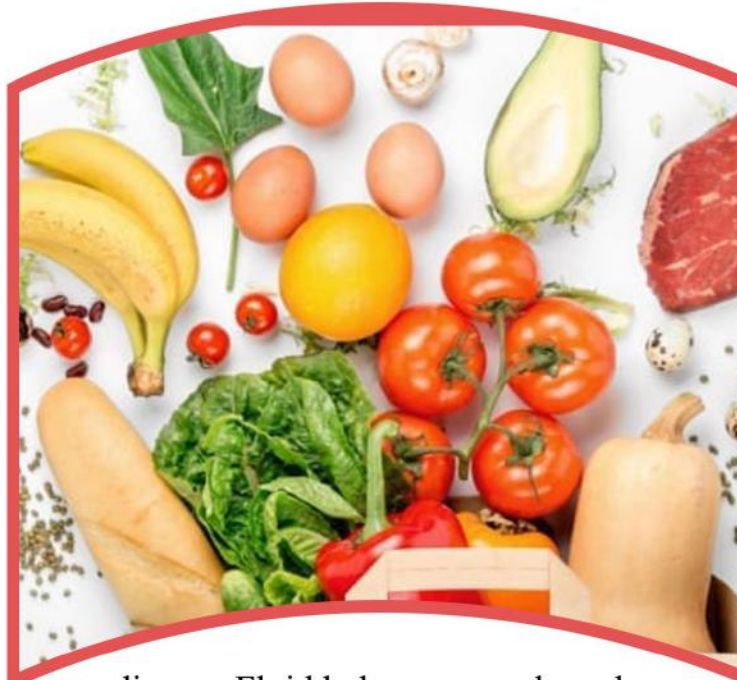
Properly store raw materials to prepare healthy food. Wash fruits, vegetables, and salad ingredients thoroughly, but chop them after washing in a short time. Shorten the cooking time. The water in which cooking the food contains minerals. Use it to make delicious sauces and soups.

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- ▶ Calcium: Osteoporosis and teeth, blood coagulation, nervous system function
Milk, yogurt, cheese, green leafy vegetables, calcium-fortified mineral water
- ▶ Phosphorus: The bone-building, metabolism
Milk, cheese, meat, sausages, fish



- ▶ potassium: Fluid balance, the transmission of nerve and muscle signals
Products made from whole grains, legumes, potatoes, milk, vegetables, fruits, fish
- ▶ magnesium: The bone-building, energy metabolism, enzymes, muscle, and nerve function
Breakfast cereal, milk, and dairy products, green leafy vegetables, berries, oranges, bananas

- ▶ sodium: Fluid balance, muscle and nerve function
Potatoes, vegetables, bananas, dried fruits, legumes

None of the growth, metabolism, hematopoiesis, and function of the nerves and muscles is possible without minerals. For example, sodium and potassium regulate body fluid balance. Calcium helps build strong bones and teeth. Iron is effective in hematopoiesis. Covering the Minerals Needed with a Balanced Diet It is important to have enough minerals and minerals. Because none of the minerals can replace the other, if following a balanced and varied diet, will not having a problem according to the food pyramid described. The table below gives information about why the body needs minerals and the foods it contains. There are several minerals and, of course, many other nutrients in our food.