**The Body - Mineral Chart**

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| **Mineral** | **What the Mineral does** | **Effects of mineral deficiency** | **Good food sources** |
| **Calcium** | Strengthens the bones and teeth. Also needed to help regulate the heartbeat and help muscle and nerve functions. | Its minor deficit can affect bone and teeth formation. | milk dairy Products green leafy vegetables salmon sardines turnips tofu almonds broccoli |
| **Chromium** | Required for the proper metabolism of sugar in the blood. | Can affect the potency of insulin in regulating sugar balance. | beans cheese whole grain food  peas meat |
| **Copper** | Important for nerve functioning, red blood cell formation and maintaining energy levels through iron absorption. Also good for healthy bones and the immune system. | Anemia, hair problems, dry skin, vitamin C deficiency | beans raisins chocolate nuts meat shellfish |
| **Fluorine** | Helps to make bones and teeth stronger. Improves resistance to cavities. | Weak teeth and bones. | gelatin desserts salt water fish (salmon)  tea fluoridated water |
| **Iodine** | Helps keep your thyroid glands working. Your thyroid gland helps regulate the rate at which your body carries out its necessary physiological functions. | Enlargement of the thyroid gland. | seafood seaweed dairy products iodized salt |
| **Iron** | Helps the blood and muscles carry oxygen to the body. | Tiredness and lethargy, feelings of weakness, insomnia, palpitations. | liver red meat egg yolk legumes whole / enriched grains dark green vegetables |
| **Magnesium** | Helps muscles work, aids metabolism and aids bone growth. | Fatigue, numbness, poor memory, muscle twitching and irritability, tingling, rapid heartbeat. | whole grains nuts legumes apricots bananas  soy beans  green leafy vegetables  spinach |
| **Manganese** | Helps bone growth and cell production. | Rarely documented but one case showed in a patient a decrease in serum cholesterol, depressed growth of hair and nails, scaly dermatitis, weight loss, reddening of his black hair and beard and impaired blood clotting. | whole grains fruit vegetables tea egg yolk |
| **Molybdenum** | Helps cells and nerves to function. | Very rare but one observation has shown a patient to have developed rapid heart and respiratory rates, headache, night blindness, and ultimately became comatose. | dark green vegetables peas milk beans grains |
| **Mineral** | **What the Mineral does** | **Effects of mineral deficiency** | **Good food sources** |
| **Potassium** | Essential for nerve function, muscle contraction and maintenance of fluid and blood pressure in the body. | Depression, fatigue, hypertension, decreased Heart Rate | oranges bananas peanuts beans potatoes spinach |
| **Selenium** | Helps to prevent damage to cells and aids in the functioning of the thyroid gland. An antioxidant for the body. | Poor heart function, osteoarthropathy, mental retardation | brazil nuts tuna  eggs  grains chicken shellfish  fish |
| **Sodium** | Helps to regulate water in the body's blood and tissue | Fatigue, apathy, and nausea as well as cramps in the muscles of the extremities. | table salt dairy products |
| **Zinc** | Helps wounds to heal and aids taste and smell sensory. | Growth retardation, hair loss, diarrhea, delayed sexual maturation and impotence, eye and skin lesions, and loss of appetite. | whole wheat peanut poultry eggs legumes  beef shellfish |