

MINERALS IN FOODS & WHAT THEY DO!

Minerals	Source	What it does
<u>Calcium</u>	Milk, dairy products, green leafy vegetables, tofu, sardines and salmon with bones.	Forms and maintains bones and teeth; needed to help muscles contract and nerves to function, aids blood clotting.
Chromium	Whole grain cereals and bran, brewer's yeast, calf lever.	Along with insulin, helps the body metabolize sugar.
Copper	Shell fish, nuts, seeds, pulses, liver, whole grains.	Helps form skin and tissues; essential for heart function; used in production of energy and formation of red blood cells.
Chloride	Table salt as well as kelp, olives, tomatoes, celery	Essential for the proper distribution of carbon dioxide and the maintenance of osmotic pressure in the tissues.
Cobalt		
Iodine	Salt, fish, sea weed.	Aids function of thyroid glands.
Iron	Meat, cereals, poultry, fruits, fish, green leafy vegetables, whole grains.	Helps to take oxygen around the blood stream and to form red blood cells; helps to resist stress and disease.
Magnesium	Nuts, whole grain, green	Aids metabolism of fruit and communication between

	vegetables, bananas.	cells; helps maintain heart rhythm.
Manganese	Avocados, nuts and seeds, seaweed, and whole grains	Essential for proper coordination between brain and body; helps in treatment of male and female sterility, impotence in men, digestive disorders, convulsions or seizures.
Molybdenum	Nuts, tinned vegetables, and cereals, leafy vegetables	Involved in the metabolism of sulfur amino acids; involved in the oxidation of Purines and Pyrimidines and the production of uric acid.
Potassium	Dried fruits, vegetables, pulses, red meat.	Needed by nervous system and for muscles to contract; helps regulate blood pressure and keeps skin healthy.
Phosphorus	Milk, meat, poultry, fish, cereals, pulses, fruits.	Helps keep bone and teeth strong; helps body release energy; aids kidney function.
Selenium	Sea food, kidneys, liver, cereals, grains.	Helps stop cells from being damaged; keeps heart muscles healthy.
Sodium	Table salt, vegetables, many prepared foods.	Maintains, bodies fluid balance; helps control heart rhythm; some bottled water helps nerves transmit messages and muscles contract.
Sulfur	Red gram, green gram, and leafy vegetables	Healing build-up of toxic substances in the body; promotes healthy skin, nails & hair.
Silicon	Unrefined grains of high	Important for the proper elasticity of skin and a

	fiber content and cereal products	deficiency may result in premature wrinkles, dull brittle hair or soft splitting nails
Zinc	Red meat, poultry, oysters, eggs, nuts, milk, yogurt, whole grain cereals.	Needed for sperm production; growth and production of energy; aids immune system, healing and blood clotting.
Boron	Prunes, dates, raisins and honey, nuts, fresh fruit, green leafy vegetable	Enhances brain function, promotes alertness, and plays a role in how the body utilizes energy from fats and sugars.

At QUEST, we help you be your best by testing and treating, mineral deficiencies.

See Iodine Rich Foods