



MINERAL CHEAT SHEET

Their uses & foods they're in

(Thread)





I'm sure I'll miss some so feel free to add to this list in the comments!

Sodium- proper fluid balance, nerve transmission, muscle contraction

Foods- salt, salty food

Chloride- proper fluid balance, stomach acid

Foods- salt, small amounts in meat & seafood

Potassium- fluid balance, nerve transmission, muscle contraction

Foods- avocados, sweet potatoes, watermelon, coconut water, spinach, potatoes, fish

Calcium- healthy bones & teeth, muscle contraction and relaxation, nerve function, blood clotting, blood pressure regulation

Foods- dairy, sardines, leafy greens, beans

Phosphorus- healthy bones & teeth, make new cells, plays a role in how the body stores and uses energy

Foods- chicken, turkey, pork, red meat, organs, seafood, dairy

Magnesium- involved in hundreds of processes in the body, energy creation, nervous system regulation, muscle movements, create & repair DNA

Foods- pumpkin seeds, spinach, almonds, black beans, brown rice, salmon (usually necessary to supplement)

Sulfur- part of protein molecules, build & repair DNA, protects cells

Foods- red meat, chicken, organ meats, dairy, eggs, legumes

Iron- part of hemoglobin found in red blood cells that carry oxygen in the body, needed for energy metabolism

Foods- organ meat, red meat, fish, chicken, seafood, egg yolks, spinach

Zinc- required for over 300 enzymes, metabolizes nutrients, maintains immune system, grows & repairs tissue

Foods- oysters, red meat, pork, crab, shrimp

Iodine- thyroid gland needs it to produce thyroid hormones which has many uses in the body

Food- seaweed, cod, iodized salt, shrimp, tuna, dairy

Selenium- powerful antioxidant, fighting infection, reproduction

Foods- Brazil nuts, fish, pork, beef, turkey, cottage cheese, eggs, brown rice

Copper- needed for important enzymes, form red blood cells, bone, connective tissue, iron metabolism

Foods- liver, oysters, spirulina, shiitake mushrooms, lobster

Chromium- works with insulin to regulate blood sugar, helps break down protein, carbs and fat

Foods- grape juice, beef, orange juice, apples

Manganese- part of many enzymes that are important for bone health, wound healing, metabolism

Foods- mussels, nuts, brown rice, oysters, clams, kale, spinach

Cobalt- important part of vitamin B12, important for function of cells and production of red blood cells

Foods- red meat, fish, leafy greens, figs, nuts

Boron- helps your body metabolize vitamins and minerals, bone health, testosterone & estrogen production

Foods- prune juice, avocados, raisins, apples

Obviously there are many more minerals, but this is most of the essential ones!

It is also always wise to drink water with minerals intact or adding trace minerals of your own!

PS,

If you need help with creating a diet includes all the necessary vitamins & minerals, DM me "food"!

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