

MINERALS

FACT SHEET

Minerals may seem really complex and confusing. With so many different minerals, it can be hard to keep track of what they are, what they do, and where you can find them. By using this fact sheet, you can make all this information seem “elemental” and become a rock-solid expert regarding minerals.



Mineral

Functions in the Body

Where to Find in Foods and Beverages

CALCIUM



animal-based foods like milk, yogurt, and cheese; plant-based foods like kale and broccoli; and fortified foods like breakfast cereals, soy foods and fruit juices

CHLORIDE



salt, seaweed, rye, tomatoes, lettuce, celery, and olives

CHROMIUM



animal-based foods like meat, poultry, fish, and processed meats; and plant-based foods like whole grains

COPPER



animal-based foods like organ meats, chicken, seafood, milk; and plant-based foods like potatoes, whole grains, nuts, seeds, tea, and cocoa

FLUORIDE



seafood foods with iodized salt and fluoridated water

IODINE



iodized salt, bread, seafood, and plant and animal products grown in most parts of the country

IRON



animal-based foods like meat, fish, and poultry; plant-based foods like vegetables, fruits, whole-grain breads, and whole-grain pasta; and fortified foods like breads, cereals, and breakfast bars

MAGNESIUM



animal-based foods like meats, milk, and eggs; and plant-based foods like green leafy vegetables, whole grains, and nuts

MANGANESE



plant-based foods like grains, tea, and vegetables

LEGEND



metabolism



immunity



tooth



bone



nerve



heart



muscle



Mineral

Functions in the Body

Where to Find in Foods

MOLYBDENUM



plant-based foods like legumes, grain products, and nuts

PHOSPHORUS



animal-based foods like meat, poultry, fish; and dairy; and plant-based foods like nuts and beans

POTASSIUM



animal-based foods like meat and milk; and plant-based foods like leafy greens, tomatoes, cucumbers, zucchini, eggplant, pumpkin, and root vegetables

SELENIUM



animal-based foods like meat, seafood, and dairy; and plant-based foods like cereals grains, fruits, and vegetables

SODIUM



salt, packaged foods and sauces

ZINC



animal-based foods like red meat, and seafood; plant-based foods like whole grains; and fortified foods like breakfast cereals

LEGEND



metabolism



immunity



tooth



bone



nerve



heart



muscle

DID YOU KNOW?

There are two types of essential minerals: major minerals (macrominerals) and trace minerals (microminerals). Both are needed and equally important, but trace minerals are needed in less amounts than major minerals.

According to the 2015-2020 Dietary Guidelines for Americans, vitamin D, calcium, potassium, iron, and dietary fiber are considered nutrients of public health concern because low intakes are associated with negative health conditions.

About 99% of the human body is made up of 6 elements: two of which include calcium and phosphorus!