**Minerals**

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| **Mineral** | **Function** | **Sources** |
| Calcium | Helps to build and maintain strong bones and teeth, as well as the normal functioning of nerves and muscles. It also helps blood clot normally. | Milk, cheese, yogurt, fromage frais, some green leafy vegetables (such as kale), calcium-fortified dairy-alternatives, canned fish (where soft bones are eaten) and breads (white, brown and wholegrain). |
| Flouride | Helps with the formation of strong teeth and helps to reduce the risk of tooth decay. | Tap water, tea (and toothpaste). |
| Iodine | Helps to make thyroid hormones. It also helps the brain to function normally. | Milk, yogurt, cheese, fish, shellfish and eggs. |
| Iron | Helps to make red blood cells, which carry oxygen around the body. It also helps the immune system to work as it should and helps the brain to function normally. | Offal, red meat, beans, pulses, nuts and seeds, fish (e.g. canned sardines, cockles and mussels), quinoa, wholemeal bread and dried fruit. |
| Magnesium | Helps to release energy from food. It also helps to maintain strong bones and helps muscles and nerves to function normally. | Nuts and seeds (e.g. Brazil nuts and sunflower seeds), wholegrain breakfast cereals, wholegrain and seeded breads, brown rice and quinoa. |
| Phosphorous | Helps to build strong bones and teeth and helps to release energy from food. | Red meat, poultry, fish, milk, cheese, yogurt, eggs, bread and wholegrains (such as brown rice and wholewheat pasta). |
| Potassium | Helps regulate the water content in the body and maintain a normal blood pressure. It also helps the nerves and muscles function normally. | Some fruit and vegetables (e.g. banana, blackcurrants, avocado, spinach, parsnip and beetroot), dried fruit (e.g. apricots, sultanas and figs), poultry, red meat, fish, milk and wholegrain breakfast cereals. |

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| Sodium | Helps regulate the water content in the body. | Very small amounts found naturally in foods. Often added as salt (sodium chloride) during processing, preparation, preservation and serving. Currently intakes of sodium are too high and most people need to reduce their intake substantially. |
| Selenium | Helps to protect the cells in our bodies against damage. It also helps the immune system to work as it should, helps maintain normal skin and nails and normal fertility in males. | Some nuts and seeds (e.g. Brazil nuts, cashews and sunflower seeds), eggs, offal poultry, fish and shellfish. |
| Zinc | Contributes to normal mental skills and abilities and helps to maintain normal hair, skin and nails. It also helps with the normal healing of wounds and contributes to normal fertility and reproduction. | Meat, poultry, cheese, some shellfish (e.g. crab, cockles and mussels), nuts and seeds (e.g. pumpkin seeds and pine nuts), wholegrain breakfast cereals and wholegrain and seeded breads. |