

SIX ESSENTIAL MINERALS

MINERALS	FUNCTION	SOURCES
Calcium	Helps bones and energy metabolism _____	Table salt, processed foods _____
Magnesium	Helps muscles, nerves, and heart work properly _____	Fruits, vegetables _____
Phosphorus	Builds strong bones and teeth _____	Salt, processed foods _____
Sodium	Helps digestion and water balance _____	Meat, eggs, fish, dairy _____
Potassium	Helps muscles and energy production _____	Nuts, legumes, green vegetables _____
Chlorine (Chloride)	Maintains water balance and nerve function _____	Milk, cheese, yogurt, leafy vegetables _____