

ESSENTIAL MINERAL SOURCES

MINERAL	PRIMARY FOOD SOURCES	KEY ROLE
Calcium	Dairy, Leafy Greens, Almonds, Sardines	Bone health, muscle function
Magnesium	Pumpkin Seeds, Spinach, Dark Chocolate, Beans	Nerve function, energy production
Iron	Red Meat, Lentils, Quinoa, Spinach	Oxygen transport in blood
Potassium	Bananas, Potatoes, Avocados, Yogurt	Fluid balance, heart rhythm
Zinc	Oysters, Beef, Chickpeas, Cashews	Immune support, wound healing
Selenium	Brazil Nuts, Tuna, Eggs, Sunflower Seeds	Antioxidant defense, thyroid health
Iodine	Seaweed, Iodized Salt, Cod, Dairy	Thyroid hormone synthesis

Template Reference Only – Consult a healthcare professional for dietary advice.