

Minerals

Body & health

The minerals the body needs, what each is for, and where to get them.

Ordered by how commonly they matter.

Mineral	Needed for	Found in
Iron	Oxygen transport	Red meat, pulses, greens
Calcium	Bones, teeth, muscle	Dairy, tofu, fortified
Magnesium	Nerve and muscle function	Nuts, seeds, wholegrains
Potassium	Fluid balance, blood pressure	Bananas, potatoes, pulses
Sodium	Fluid balance	Salt, processed food
Zinc	Immunity, healing	Meat, shellfish, seeds
Iodine	Thyroid hormones	Dairy, fish, iodised salt

Vitamin C markedly improves absorption of plant iron. Tea and coffee with a meal reduce it.