Major Minerals and Electrolytes

Calcium, Phosphorus, Magnesium
Sodium, Chloride, Potassium
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Major Minerals

- Part of your body (teeth and bones)
- Team with vitamins in chemical reactions
- Need 100 mg or more a day
Electrolytes

- Help body replace its mineral loss after:
  - vigorous exercise
  - Diarrhea
  - Vomiting
  - Intoxication
  - Overhydration
  - starvation
Calcium

Functions

- Helps regulate blood clotting, nerve activity, and other body processes
- Needed for muscle contraction, including the heart
- Helps keep teeth and gums healthy
- Keeps bones strong

Food Sources

- Dairy products
- Canned fish with edible bones
- Dry beans, peas, and lentils
- Dark green, leafy vegetables – broccoli, spinach, and turnip greens
- Tofu made with calcium sulfate
- Calcium-fortified orange juice
- Soy milk
Phosphorus

**Functions**
- Works with calcium to build strong bones and teeth
- Helps release energy from carbohydrates, proteins, and fats
- Helps build body cells and tissues

**Food Sources**
- Meat, poultry, fish
- Eggs
- Nuts
- Dry beans and peas
- Dairy products
- Grain products

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Magnesium

Functions

- Helps build bones and make proteins
- Helps nerves and muscles work normally
- Helps regulate body temperature
- Contributes to proper heart function

Food Sources

- Whole-grain products
- Green vegetables
- Dry beans and peas
- Nuts and seeds
Sodium

**Functions**
- Helps maintain the fluid balance in your body
- Helps with muscle and nerve action
- Helps regulate blood pressure

**Food Sources**
- Table salt
- Processed food
Chloride

Function

- Helps nerve send signals
- Helps maintain the acidity needed to digest food

Food Sources

- Table salt
Potassium

**Functions**

- Helps maintain a steady heartbeat
- Helps with muscle and nerve action
- Helps maintain normal blood pressure

**Food Sources**

- Bananas
- Cantaloupe
- Milk
- Oranges
- Squash
References and Resources

Textbooks:

Website: