### Trace Minerals (Key)

Complete the functions and food sources for each trace mineral.

<table>
<thead>
<tr>
<th>Trace Mineral</th>
<th>Functions</th>
<th>Food Sources</th>
</tr>
</thead>
</table>
| Iron          | • Makes hemoglobin that carries oxygen to all body cells  
• Helps your cells use oxygen | • Meat, fish, shellfish  
• Egg yolks  
• Dark green, leafy vegetables  
• Dry beans and peas  
• Enriched and whole-grain products  
• Dried fruits |
| Zinc          | • Helps enzymes do their work  
• Aids the immune system  
• Helps wounds heal  
• Helps children grow | • Meat, liver, poultry, fish, shellfish  
• Dairy products  
• Dry beans and peas, peanuts  
• Whole-grain breads and cereals  
• Eggs  
• Miso (fermented soybean paste) |
| Copper        | • Helps enzymes do their work  
• Helps form hemoglobin and collagen | • Whole-grain products  
• Seafood  
• Variety meats  
• Dry beans and peas  
• Nuts and seeds |
| Iodine        | • Stored in the thyroid gland  
• Produces substances needed for growth and development | • Saltwater fish  
• Iodized salt |
| Selenium      | • Works as an antioxidant  
• Maintains muscles, red blood cells, hair and nails  
• May protect against certain cancers | • Whole-grain breads and cereals  
• Vegetables (amount varies with content in soil)  
• Meat; variety meats  
• Fish; shellfish |
| Fluoride      | • Helps prevent tooth decay and strengthen bones | • Water supplies in many communities (added to help improve dental health)  
• Also in some bottled waters |