



# Minerals

By:

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## Overview

Minerals aid in the development of our body as well as its functions. They are good for health. They usually help in the metabolism and enzyme formation in our body.



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## Types of minerals

There are two types of minerals.

**They include :**

- Major minerals
  - Minerals that our body needs a lot of
  - Examples: calcium, chloride, sodium, potassium, sulfur
- Trace minerals
  - Minerals that our body does not need a lot of
  - Examples: iron, zinc, fluoride, copper, iodine

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## Major minerals: Function and Sources

Mineral	Function	Sources
Sodium	Needed for proper fluid balance, nerve transmission, muscle contraction	Table salt, soy sauce, breads, vegetables, unprocessed meats
Chloride	For proper fluid balance, stomach acid	Table salt, soy sauce, milk, meats, breads, vegetables
Potassium	Proper fluid balance, nerve transmission, muscle contraction	Meats, milk, fresh fruits and vegetables, whole grains, legumes
Calcium	Healthy bones and teeth, muscle relaxation, blood pressure regulation	Milk and milk products, salmon, sardines, fortified tofu, broccoli, legumes

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## Trace minerals: Function and Sources

Mineral	Function	Sources
Iron	Need for energy metabolism	Organ meats, red meats, fish, poultry, shellfish, egg yolks, dark leafy greens, fortified cereals, enriched breads
Zinc	Wound healing, normal fetal development, production of sperm, normal growth, boosts immune system	Meats, fish, poultry, vegetables
Iodine	Regulate growth development and metabolism	Seafood, iodized salt, bread, dairy products
Fluoride	Formation of bones and teeth	Water, fish, teas



## Sources

- <https://www.uofmhealth.org/health-library/ta3912>
- <https://medlineplus.gov/definitions/mineralsdefinitions.html>
- <https://kidshealth.org/en/kids/minerals.html>



**Thank you ! Hope you enjoy our  
presentation :)**