

## Food Source of Minerals

<b>Calcium</b>	Cheese (swiss & cheddar), nuts (esp. almonds), brewers yeast, parsley, corn tortillas, globe artichokes, prunes, seeds (esp. pumpkin), cooked dried beans, cabbage, molasses, eggs, canned fish with bones (esp. salmon), root vegetables
<b>Chromium</b>	Brewer's yeast, wholemeal bread, rye bread, oysters, potatoes, wheatgerm, green peppers, eggs, chicken, apples, parsnips, cornmeal, lamb, swiss cheese, blackstrap molasses, nuts, honey, thyme
<b>Iron</b>	Seeds (esp. pumpkin & sesame), parsley, nuts (esp. almonds, cashews, brazils, walnuts, pecans), prunes, raisins, dates, cooked dried beans, shellfish, fish (esp. sardines), lean red meat, turkey, cocoa, leafy green vegetables
<b>Magnesium</b>	Rye, wild rice, green leafy vegetables (spinach, lettuce, chard, kale and spring greens), nuts and seeds (pumpkin, sesame, sunflower, pistachio, cashew, almonds, peanuts, hazelnuts, Brazil nuts, pecans, coconut), pulses and beans (lentils, lima beans, kidney beans, soya beans), bananas, avocados, garlic, prunes, dates, buckwheat and halibut
<b>Manganese</b>	Watercress, pineapple, okra, endive, blackberries, raspberries, lettuce, grapes, lima beans, strawberries, oats, root vegetables (esp. beetroot), celery, eggs, nuts, wholemeal bread, fish, meats
<b>Potassium</b>	Watercress, endive, cabbage, celery, parsley, courgettes, fish, pumpkin, radishes, cauliflower, mushrooms, potatoes, molasses, dried fruit (esp. apricots), bananas, sunflower seeds, wholegrains
<b>Selenium</b>	Tuna, oysters, molasses, mushrooms, cottage cheese, herrings, cabbage, beef liver, courgettes, cod, chicken, nuts (esp. brazils), onions, garlic
<b>Zinc</b>	Seafood, shrimps, shellfish (esp. oysters), haddock, canned fish, ginger, lean red meat (esp. lamb), nuts (esp. pecans, brazils, almonds, peanuts), peas, turnips, egg yolk, whole wheat, rye, oats, seeds (esp. pumpkin), rice, lentils, pulses, molasses