

Major Minerals and Electrolytes (Key)

Complete the functions and food sources for each mineral.

| Mineral | Functions | Food Sources |
|------------|--|--|
| Calcium | <ul style="list-style-type: none"> ■ 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 | <ul style="list-style-type: none"> ■ 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 | <ul style="list-style-type: none"> ■ Works with calcium to build strong bones and teeth ■ Helps release energy from carbohydrates, proteins, and fats ■ Helps build body cells and tissues | <ul style="list-style-type: none"> ■ Meat, poultry, fish ■ Eggs ■ Nuts ■ Dry beans and peas ■ Dairy products ■ Grain products |
| Magnesium | <ul style="list-style-type: none"> ■ Helps build bones and make proteins ■ Helps nerves and muscles work normally ■ Helps regulate body temperature ■ Contributes to proper heart function | <ul style="list-style-type: none"> ■ Whole-grain products ■ Green vegetables ■ Dry beans and peas ■ Nuts and seeds |
| Sodium | <ul style="list-style-type: none"> ■ Helps maintain the fluid balance in your body ■ Helps with muscle and nerve action ■ Helps regulate blood pressure | <ul style="list-style-type: none"> ■ Table salt ■ Processed food |
| Chloride | <ul style="list-style-type: none"> ■ Helps nerve send signals ■ Helps maintain the acidity needed to digest food | <ul style="list-style-type: none"> ■ Table salt |
| Potassium | <ul style="list-style-type: none"> ■ Helps maintain a steady heartbeat ■ Helps with muscle and nerve action ■ Helps maintain normal blood pressure | <ul style="list-style-type: none"> ■ Bananas ■ Cantaloupe ■ Milk ■ Oranges ■ Squash |