

Trace Minerals (Key)

Complete the functions and food sources for each trace mineral.

Trace Mineral	Functions	Food Sources
Iron	<ul style="list-style-type: none"> • Makes hemoglobin that carries oxygen to all body cells • Helps your cells use oxygen 	<ul style="list-style-type: none"> • Meat, fish, shellfish • Egg yolks • Dark green, leafy vegetables • Dry beans and peas • Enriched and whole-grain products • Dried fruits
Zinc	<ul style="list-style-type: none"> • Helps enzymes do their work • Aids the immune system • Helps wounds heal • Helps children grow 	<ul style="list-style-type: none"> • Meat, liver, poultry, fish, shellfish • Dairy products • Dry beans and peas, peanuts • Whole-grain breads and cereals • Eggs • Miso (fermented soybean paste)
Copper	<ul style="list-style-type: none"> • Helps enzymes do their work • Helps form hemoglobin and collagen 	<ul style="list-style-type: none"> • Whole-grain products • Seafood • Variety meats • Dry beans and peas • Nuts and seeds
Iodine	<ul style="list-style-type: none"> • Stored in the thyroid gland • Produces substances needed for growth and development 	<ul style="list-style-type: none"> • Saltwater fish • Iodized salt
Selenium	<ul style="list-style-type: none"> • Works as an antioxidant • Maintains muscles, red blood cells, hair and nails • May protect against certain cancers 	<ul style="list-style-type: none"> • Whole-grain breads and cereals • Vegetables (amount varies with content in soil) • Meat; variety meats • Fish; shellfish
Fluoride	<ul style="list-style-type: none"> • Helps prevent tooth decay and strengthen bones 	<ul style="list-style-type: none"> • Water supplies in many communities (added to help improve dental health) • Also in some bottled waters