

Mineral Magic



Minerals have a major role to play in maintenance of our health and in boosting the immunity system. The millions of tiny cells in our body require minerals to grow, develop and work together in perfect harmony. Loss of mineral can cause general discomfort, weakness and laziness. Let us see what major minerals our body need, their deficiency symptom and the food where it can be found.

Major Minerals	Deficiency symptom	Best Source
Calcium	Back and leg pain	Milk and milk products
Phosphorus	Poor Appetite	Meat, Poultry, fish and egg
Potassium	Lethargy, loss of appetite	Vegetable, fruit, milk and yoghurt
Iron	Lethargy, abnormal heart rhythm	Meat, Poultry, fish and leafy vegetable
Iodine	Obesity and lethargy	Sea food and Iodised salt
Sodium	Weakness, muscle cramps and nausea	Table salt, Beetroot and spinach,
Magnesium	abnormal heart rhythm , muscle cramps	Beans, nuts, whole grains and green vegetables

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