Mineral	Main Functions	Sources
Calcium 	Has a structural role in bones and teeth. Also essential for cellular structure. It assists muscle contractions to occur.	Milk and milk products, bread, pulses, green vegetables, dried fruits, nuts, seeds, soft bones found in canned fish such as sardines.
Magnesium	Involved in skeletal development, nerve and muscle function. It is also necessary for the functioning of some enzymes involved in energy use.	Cereals, particularly wholegrain and wholemeal products, nuts, seeds, green vegetables, milk, meat, potatoes.
Phosphorus	Has a structural role in bones and teeth. Also a constituent of all the major classes of a number of substances in the body.	Milk, milk products, bread, meat and poultry. 
Sodium	Involved in maintaining the water balance of the body and is also essential for muscle and nerve activity. However, a high sodium intake has been linked to increased blood pressure. Most people eat too much sodium.	Processed foods: bread, cereal products, breakfast cereals, meat products, pickles, canned vegetables, canned and packet sauces and soups, packet snack foods, spreading fats, cheese and salt added to food.
Potassium	Complements and counterbalances the action of sodium.	Vegetables, potatoes, fruit, especially bananas, juices, bread, fish, nuts, seeds. 
Iron	Important for the formation of red blood cells. Meat and meat products are a rich source of well-absorbed iron. 	Plant sources of iron are cereals, bread, breakfast cereals, green leafy vegetables, beans, lentils and dried fruit / apricots. To help absorption from plant sources, a source of vitamin C should be consumed at the same meal as the iron-containing food.
Zinc	Involved in the metabolism of protein, carbohydrates and fats and formation of cells in the immune system	Meat, meat products, milk, milk products, bread, cereal products, especially wholemeal, eggs, beans, lentils, nuts, sweetcorn, rice.
Copper	A component of a number of enzymes.	Shellfish, liver, meat, bread, cereal products, vegetables, tap water.
Selenium	Acts as an antioxidant by being an integral part of one of the enzymes that protects against oxidative damage.	Nuts, especially brazil nuts, cereals, meat, particularly offal, fish, particularly shellfish.
Iodine	A key part of the thyroid hormones that help control metabolic rate, cellular metabolism and integrity of connective tissue.	Fish, seaweed, milk, milk products, beer, meat products.
Fluoride	Protects against tooth decay and has a role in bone mineralisation	Fish, water, tea. 

Nutrition First Principles; Sarah Schenker. 2006