

## MINERALS

### 1. Calcium

Sources	Functions	Deficiency Disease
<ul style="list-style-type: none"><li>▪ Milk/Cheese/Yoghurt</li><li>▪ Tinned fish (bones)</li><li>▪ Green leafy vegetables</li><li>▪ Hard water</li></ul>	Needed for strong bones and teeth	<ul style="list-style-type: none"><li>▪ Tooth decay</li><li>▪ Osteoporosis (brittle bones)</li><li>▪ Rickets in children (bow legs)</li><li>▪ Osteomalacia (soft bones)</li></ul>

### 2. Iron

Sources	Functions	Deficiency Disease
<ul style="list-style-type: none"><li>▪ Red Meat</li><li>▪ Offal (eg liver)</li><li>▪ Green leafy vegetables</li><li>▪ Wholegrain cereals eg brown bread</li></ul>	Needed to make <u>haemoglobin</u> in red blood cells - this carries oxygen around the body and gives blood its red colour	Anaemia (lack of red blood cells) - Symptoms: feeling tired & faint, looking pale

### 3. Sodium

Sources	Functions	Deficiency Disease
<ul style="list-style-type: none"><li>▪ Table salt</li><li>▪ Salty foods eg bacon</li><li>▪ Crisps</li><li>▪ Salted butter,</li><li>▪ Processed meats eg ham</li></ul>	Controls <u>water balance</u> in the body Normal <u>muscle functions</u>	Muscle cramps

### 4. Phosphorus

Sources	Functions	Deficiency Disease
<ul style="list-style-type: none"><li>▪ Meat</li><li>▪ Fish</li><li>▪ Eggs</li><li>▪ Milk/Cheese/Yoghurt</li></ul>	Combines with calcium for strong bones and teeth	Rare as it is found in so many foods

### 5. Fluorine

Sources	Functions	Deficiency Disease
Drinking water Fish	Strengthens the enamel on teeth	Tooth decay