

5 important minerals, their benefits and food sources.



Calcium

- Builds and maintains bones and teeth
- Essential for muscle functioning
- Supports nerve signalling
- Aids in blood clotting

Food sources

- Milk
- Curd
- Paneer
- Ragi
- Cheese
- Soyabeans
- Almonds
- Sesame seeds



Iron

- Produces haemoglobin in red blood cells
- Essential for myoglobin in muscles
- Supports oxygen transport
- Prevents anemia

Food sources

- Barnyard millet
- Little millet
- White beans
- Spinach
- Lentils
- Pumpkin seeds



Magnesium

- Involved in over 300 biochemical reactions
- Supports energy production
- Facilitates muscle and nerve function
- Regulates blood glucose

Food sources

- Cashews
- Sunflower seeds
- Peanuts
- Chickpeas
- Fatty fish



Zinc

- Strengthens the immune system
- Promotes wound healing
- Essential for DNA synthesis
- Supports cell division

Food sources

- Eggs
- Wheat
- Peas
- Sprouts
- Sweet corn
- Ladies finger
- Mushrooms
- Pomegranates



Potassium

- Maintains fluid and electrolyte balance
- Supports nerve function
- Ensures muscle contraction
- Regulates blood pressure

Food sources

- Banana
- Kidney beans/rajma
- Sweet potatoes
- Horse gram
- Jowar
- Drumstick



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