

Minerals for the body: where to get them?

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Minerals are among the most important nutrients that the body has to receive. These minerals vary in terms of functioning. Each contributes its respective aid in bodily regulations, processes and its whole performance. May it be in the immune system, the cardiovascular system, nervous, respiratory and other systems of the body, proper intake of minerals could surely contribute to health and in the prevention diseases.

Minerals are deposited in the earth. They can be acquired by humans through food intake. Fruits, vegetables and animal products are good sources. The plants get them from the soil and animals take them as they eat these plants. In turn, humans eat all of them and therefore acquire the minerals deposited in them.

There are many kinds of minerals that are of great importance to the body. Here are some of them and their good sources:

CALCIUM. Calcium is important in making your bones and teeth stronger. Lacking of this mineral could lead to osteoporosis or having brittle bones which are prone to fractures. Sources of Calcium are dairy products like milk and cheese. Other non-dairy products that are rich in this mineral are broccoli, okra, spinach, mackerel, salmon, sardines, tofu, almonds, hazelnuts and orange.

IRON. Iron is essential for the body in order to have a healthy blood. Deficiency of this mineral often results to anemia evidenced by paleness and easy fatigability. Good sources include red meat, beef, sardines, beans, eggs, liver, kidney, tuna, oyster, sardines and nuts.

ZINC. Zinc is especially important in eliminating toxic substances away from the body as it acts with its antioxidant effects. Moreover, it makes the immune system stronger making the body more resistant to various diseases. Good sources include cheese, crab, oysters, sardines, kidney, red meat, duck, avocado, corn, potato and wheat.

MAGNESIUM. Magnesium plays significant roles in the bones, nerve and muscle relaxation, blood clotting, energy production and in making new cells. Magnesium deficiency results to insomnia, heart problems, muscle weakness, hypertension and even osteoporosis. Good sources of magnesium are beef, cheddar cheese, wheat, peanuts, oats, okra, peas, artichoke, avocado, bananas, honey, almonds and green vegetables.

SELENIUM. Selenium is an important antioxidant. Moreover, it serves as a good liver protector. Good sources of this mineral include dates, bananas, guava, beef, cheddar cheese, mango, chicken, salmon and mackerel.

IODINE. Iodine is vital in terms of energy production and regulation and promotion of growth. Deficiency of this mineral results to growth retardation and hypothyroidism. Good sources include celery, lettuce, grapes, mushrooms, orange and seafood.

Minerals can make your organs function well and in turn, infusing these food sources can surely make your body fit and healthy.

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