

Day 11

Good Morning Sunshine!


Your body needs minerals! That is what you are going to learn about today.

Eat healthy.

Get out and move.

Do something for someone else!

To Your Health,



*The best way to find yourself
is
to lose yourself
in the service to others.
Mahatma Gandhi*

Urban Wellness Bootcamp

11

Day 11

Task

Make a list of 20 things you like about yourself.

Day 11

Minerals

Categorized as either major or trace dependent upon how much our body needs. Trace minerals are needed just as much for function but they are needed in much smaller amounts than major minerals.

Major minerals include:

- Calcium
- Phosphorus
- Potassium
- Sodium
- Chloride
- Magnesium
- Sulfur

Trace minerals include

- Iron
- Iodine
- Zinc
- Chromium
- Selenium
- Fluoride
- Molybdenum
- Copper
- Manganese

Day 11

Minerals

Minerals are inorganic, they do not contain carbon. They are much more simple in structure than vitamins. Therefore they are much less vulnerable to damage from heat, light, cooking, processing etc. They can be bound to other substances, such as oxalates in spinach and tea and phytates in legumes and grains, making them unavailable for digestion by the body.

Calcium

- ☒ Involved in bone and teeth structure
- ☒ Aids in muscle contraction, blood clotting, blood vessel contraction and dilation
- ☒ Found in dairy foods, dark green vegetables, seaweeds, canned fish with edible bones, soy, sesame, almonds, fortified foods

Fluoride

- ☒ Plays role in bone health
- ☒ Prevents tooth decay and cavities
- ☒ Found in fortified tap water, tea and seafood
- ☒ Fortified toothpaste

Iodine

- ☒ Needed for thyroid function
- ☒ Found in iodized salt, seafood

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Iron

- ☒ Needed for the formation of hemoglobin in the blood and myoglobin in muscle, both of which are oxygen carrying cells
- ☒ Sources include red meat, organ meats, fish, poultry, eggs, beans, lentils, green leafy vegetables, dried fruits, enriched grains
- ☒ We absorb animal form better than plant form. Vitamin C source improves absorption of plant form

Magnesium

- ☒ Assists in nerve and muscle function
- ☒ Regulates muscle contractions and blood clotting
- ☒ Maintains bones and teeth
- ☒ Helps prevent constipation
- ☒ Sources include green leafy vegetables, legumes, nuts, seeds, whole grains

Phosphorus

- ☒ Required for bone and tooth structure
- ☒ Part of DNA
- ☒ Found in most foods including animal and plant

Potassium

- ☒ Maintains water and electrolyte balance
- ☒ Helps control activities of heart, muscle and nervous system
- ☒ Present in almost all animal and plant foods

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Selenium

- ☒ Functions as antioxidant
- ☒ Helps prevent some cancers
- ☒ Found in meat, chicken, fish, seafood, brazil nuts, grains, garlic, mushrooms

Sodium

- ☒ regulates water and electrolyte balance
- ☒ required for nerve and muscle activity
- ☒ maintains regular acid/base balance
- ☒ Found in table salt, soy sauce, milk products, sea vegetables

Zinc

- ☒ Assists in the activity of numerous enzymes
- ☒ Essential to immune function and wound healing
- ☒ Aids in DNA synthesis and reproduction
- ☒ Maintains sense of smell and taste
- ☒ Food sources include meat, poultry, seafood, eggs, dairy, whole grains, fortified cereals, and legumes