

Table of Minerals

Components of food

<u>Minerals</u>	<u>Source</u>	<u>Deficiency diseases</u>
1 Iron	Green leafy vegetables, dried dates, jaggery, banana, legumes, meat.	Anaemia
2 Calcium	egg, milk, cheese, meat	decay of teeth and bones (Hypocalcemia)

Symptoms

pale look, tiredness,
loss of appetite

Weak bones and
teeth

Functions

Essential for the
formation of
haemoglobin.

For Strong bones
& teeth.

Table of Minerals

Minerals

Source

Deficiency diseases

3

Phosphorus

Cheese, nuts,
milk, Cereals,
pulses

Ricket in
Children

4) Iodine

Iodised Salt,
fish, Sea food

Goiter

Symptoms

Weakening of
bones and teeth

Functions

For Strong bones
and teeth.

enlargement of
thyroid gland.

proper working of
thyroid gland.

Minerals

Source

Deficiency Diseases

5) potassium
and
Sodium

Salty food,
Cereals and
Pulses, fruits and
vegetables

hypokalemia due to
potassium

hyponatremia due
to Sodium.

Magnesium

Green leafy
vegetables, Cereals,
Chicken, fish

Weak muscles and
nerves, hypertension,
diabetes

General weakness,
dehydration

loss of appetite
and sleeplessness

Functions

essential to maintain
water balance in body,
proper functioning
muscles and nerves,
healthy bones.

regulates functioning
of muscles and nerves.