# SOURCES OF MINERALS IN THE FOOD GUIDE PYRAMID

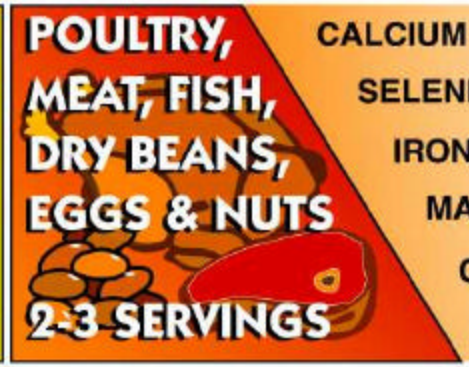
USE SPARINGLY

COPPER, IRON & CALCIUM - black strap, molasses

CALCIUM - milk, cheese (except cottage), yogurt

POTASSIUM - milk, milk products

SELENIUM - milk, cheese




CALCIUM - tofu, canned salmon

SELENIUM - meat, seafood, chicken

IRON - red meat, chickpeas, lentils

MAGNESIUM - nuts, legumes

COPPER - legumes, nuts

ZINC - meat, soybeans

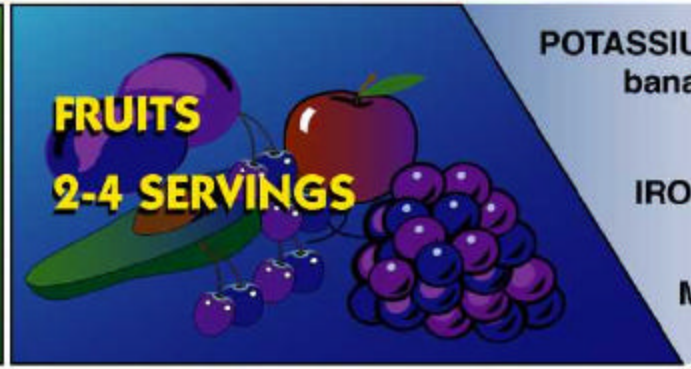
CALCIUM - turnip greens, kale, broccoli, collards

MAGNESIUM - leafy greens

IRON - spinach, broccoli

SELENIUM - cabbage, celery, mushrooms, onions

POTASSIUM - chard, spinach, parsnips, potatoes




POTASSIUM - avocadoes, bananas, citrus fruits, dried peaches

IRON - figs, raisins, dried peaches

MAGNESIUM - avocadoes

MAGNESIUM - wheat germ

POTASSIUM - whole grain cereals

SELENIUM - bran, whole grains, wheat germ

ZINC - wheat bran, wheat germ, whole grain products

IRON - enriched bread, whole grain products, wheat germ