

Minerals

Essential minerals help the body maintain proper organ, heart and respiratory functions, as well as growth. They include sodium, potassium, chloride, magnesium, iodine, calcium, iron and plenty more. Sodium helps cells function normally and maintains fluid volume outside the body's cells. However, there are issues with over-consumption, and the maximum you should consume per day is 2,400 milligrams, which is actually very small. Sodium is found in salt and seaweed. **Potassium** plays a key role in skeletal and smooth muscle contraction, meaning it is important for digestion and muscular function. It is also crucial to heart function and helps prevent blood pressure from rising with increased sodium intake. Bananas, potatoes and tomatoes are the best sources of potassium. Calcium is **one of the most important** minerals, and is one that people are familiar with from a young age because of the role it plays in healthy teeth and bones. But the importance of calcium goes beyond that, with just about every cell in the body using the essential mineral in some way. The nervous system, muscles, heart and bones all use calcium, and rich food sources include milk, cheese and **yogurt**.