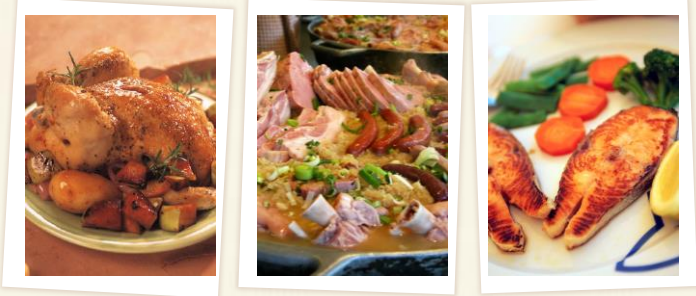


Presentation Notes – Trace Minerals

Slide 1



Trace Minerals
Iron, Zinc, Copper, Iodine, Selenium, Fluoride

Presentation Notes – Trace Minerals

Slide 2

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Presentation Notes – Trace Minerals

Slide 3

Trace Minerals

- Need less than 100 mg a day
- Sometimes called microminerals
- Serve vital functions



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Trace minerals include iron, zinc, copper, iodine, selenium and fluoride.

Presentation Notes – Trace Minerals

Slide 4

Iron

<p>Functions</p> <ul style="list-style-type: none">• Makes hemoglobin that carries oxygen to all body cells• Helps your cells use oxygen	<p>Food Sources</p> <ul style="list-style-type: none">• Meat, fish, shellfish• Egg yolks• Dark green, leafy vegetables• Dry beans and peas• Enriched and whole-grain products• Dried fruits
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Deficiencies and Excesses

Effects of getting too little

- iron-deficiency Anemia – having too few red blood cells
- often tired
- weak
- short of breath
- pale
- may feel cold

Effects of getting too much

- nausea
- heat problems

Presentation Notes – Trace Minerals

Slide 5

Zinc

Functions	Food Sources
<ul style="list-style-type: none">• Helps enzymes do their work• Aids the immune system• Helps wounds heal• Helps children grow	<ul style="list-style-type: none">• Meat, liver, poultry, fish, shellfish• Dairy products• Dry beans and peas, peanuts• Whole-grain breads and cereals• Eggs• Miso (fermented soybean paste)

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Deficiencies and Excesses

Effects of getting too little

- poor development
- rash
- decreased taste
- hair loss
- decreased immunity

Effects of getting too much

- diarrhea
- decreased copper usage
- depressed immunity
- cramps

Presentation Notes – Trace Minerals

Slide 6

Copper

Functions <ul style="list-style-type: none">• Helps enzymes do their work• Helps form hemoglobin and collagen	Food Sources <ul style="list-style-type: none">• Whole-grain products• Seafood• Variety meats• Dry beans and peas• Nuts and seeds
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Deficiencies and Excesses

Effects of getting too little

- blood problems
- poor growth

Effects of getting too much

- nervous system disorders

Presentation Notes – Trace Minerals

Slide 7

Iodine

Functions	Food Sources
<ul style="list-style-type: none">• Stored in the thyroid gland• Produces substances needed for growth and development	<ul style="list-style-type: none">• Saltwater fish• Iodized salt

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Deficiencies and Excesses

Effects of getting too little

- goiter on thyroid gland
- mental retardation

Effects of getting too much

- poor thyroid function

Presentation Notes – Trace Minerals

Slide 8

Selenium

Functions	Food Sources
<ul style="list-style-type: none">• Works as an antioxidant• Maintains muscles, red blood cells, hair and nails• May protect against certain cancers	<ul style="list-style-type: none">• Whole-grain breads and cereals• Vegetables (amount varies with content in soil)• Meat; variety meats• Fish; shellfish

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Deficiencies and Excesses

Effects of getting too little

- vulnerable to other physical problems

Effects of getting too much

- nausea
- hair loss
- rash

Presentation Notes – Trace Minerals

Slide 9

Flouride

<p>Functions</p> <ul style="list-style-type: none">• Helps prevent tooth decay and strengthen bones	<p>Food Sources</p> <ul style="list-style-type: none">• Water supplies in many communities (added to help improve dental health)• Also in some bottled waters
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Deficiencies and Excesses

Effects of getting too little

- tooth cavities

Effects of getting too much

- in children: mottled teeth and bones

Presentation Notes – Trace Minerals

Questions?



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Presentation Notes – Trace Minerals

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References and Resources

Images:

- Microsoft Office Clip Art: Used with permission from Microsoft.

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