

## Strongfigure's Top 18 Mineral Packed Food Items to Add to Your Grocery List

Ranked in order of highest mineral quality.

FOOD ITEM	Minerals Found	Related Food Items
Nuts	Copper Iron Magnesium Phosphorus Selenium Zinc	More specifically, almonds, cashews, brazil nuts
Beef	Iron Phosphorus Selenium Zinc	
Chicken	Iodine Iron Phosphorus Selenium Zinc	
Shrimp and Oysters	Calcium Copper Iodine Iron Magnesium Phosphorus Selenium Zinc	As well as general seafood. Salmon, halibut, mackerel, clams, cod, seaweed, sardines, and mollusks rank high
Turkey	Chromium Iodine	
Liver	Chromium Copper Iron Selenium	Tongue, organ meats, and dark meat rank high in minerals
Milk	Calcium Iodine Magnesium Phosphorus Selenium Zinc	As well as general dairy products such as yogurt and cheese
Green Leafy Veggies	Calcium	Kale, Broccoli, spinach, swiss chard,

	Chromium Copper Iodine Iron Magnesium Selenium	cabbage as well as other veggies such as potatoes, corn, okra, garlic, beets
Seeds	Copper Phosphorus Selenium Zinc	Specifically sunflower and pumpkin seeds
Ham and Pork	Chromium Selenium Zinc	
Eggs	Phosphorus Zinc	
Mushrooms	Chromium Copper Iodine	
Legumes and Peanuts	Calcium Copper Iodine Iron Magnesium Phosphorus Zinc	Lentils, black beans, baked beans, chickpeas, navy beans, white and pinto beans
Whole Grains	Copper Iodine Magnesium Phosphorus Selenium Zinc	As well as wheat germ, wheat bran, oat bran, brown rice, bran cereals
Tuna	Iodine Iron Selenium	
Crab	Copper Selenium Zinc	
Fruit	Calcium Chromium	Figs are high in minerals as well as oranges, grape and prune juice, raisins,

	Iron Magnesium	apples and bananas.
Other Items that may contain one or more of the following minerals:	Calcium Chromium Copper Iron Selenium	Other items: molasses, chocolate, brewery's yeast, tofu, bone meal, calcium lactate, calcium gluconate, calcium citrate.