

POTASSIUM

Dulse
Kelp
Irish moss
Soybeans
Cauliflower
Beets
Parsley
Egg plant
Squash
Bananas
Dates
Pears
Raisins
Plums
Watermelon
Figs

Calcium

Sesane seeds
Kelp
Agar
Almonds
Carrots
Spinach
Okra
Tomaties
Garlic
Parsnips
Apples
Broccoli
Eggs
Beans
Stringbeans
Citrus Fruits
Potatoes

Phosphorus

Rice bran
Wheat bran
Pumpkin seeds
Wheat germ
Kale
Radishes
Asparagus
Watercress
Brussel Sprouts
Savoy cabbage
Cucumbers
Leeks
Lettuce
Turnips
Lima beans
Corn
Brazil nuts
Walnuts
Oats
Cheese
Milk

Magnesium

Whole wheat
Brown rice
Dandelions
Card
Lemons
Blackberries
Pineapple
Pecans
Almonds

Iron

Asparagus
Horseradish
Tomatoes
Egg yolk
Carrots
Avocados
Mushrooms
Strawberries
Pineapple
Raisins
Figs
Oysters
Prunes

Manganese

Parsley
Carrots
Chives
Apricots
Navy beans
Peaches
Kidney beans
Apples
Cabbage

Zinc

Brewer's yeast
Wheat germs
Sunflow seeds
Fish
Meat
Liver
Pumpkin seeds

Sodium

Olives
Celery
Sweet potatoes
Oranges
Grapefruit
Rye
Cream cheese
Codfish
Salmon

Iodine

Carrots
Radishes
Scallops
Mackeral
Oysters

Chlorine

Coconut
Pomegranates
Cottage cheese
Parsnips

Copper

Spinach
Barley
Onions
Bran
Liver

Selenium

Kelp
Leafy vegetables
Brussel sprouts
Grapes
Garlic