

**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  
 Mackerel  
 Oysters

**Chlorine**

Coconut  
 Pomegranates  
 Cottage cheese  
 Parsnips

**Copper**

Spinach  
 Barley  
 Onions  
 Bran  
 Liver

**Selenium**

Kelp  
 Leafy vegetables  
 Brussel sprouts  
 Grapes  
 Garlic