

Micro nutrients



Micro nutrients are required in very small amount.

These nutrients are extremely significant for normal functioning of the body.

Micro nutrients have 2 elements

1. Minerals .
2. Vitamins .

Minerals

Minerals are very essential in our diet.

Minerals help in proper functioning of body.

Our 4 per cent of body weight is made up of minerals.

Minerals are of two types

1. Macro minerals.
2. Micro minerals.

Macro Minerals

It contains calcium, potassium, sodium, magnesium, phosphorus.

Calcium



Calcium

It helps in growth and development of bones and teeth.

It is found in cheese, milk etc.

It helps in blood clotting.

It deficiency may cause rickets and various disease.

Potassium

It is helpful in keeping nervous system and muscular system fit and active all the time .

It helps in maintain the amount of water in blood and tissues.

Its main sources are green leafy vegetables tomatoes, peanuts etc..

Sodium



It helps in muscular activities and helps in transmission of nerve impulse

Magnesium



It repairs and main body cells.

Its main sources are brown rice, grains etc.

Phosphorus

Helps in the formation of the bones and teeth.

It keeps the muscles and nerve activities normal.

It is found in in egg, fish, cod liver, milk etc.

Micro Minerals

1. Iodine

It helps in the production of hormones in the thyroid gland.

Lack of iodine can cause goitre (swollen thyroid gland).

2. Iron

It is essential in the production of haemoglobin.

Its deficiency causes anaemia.

3. Copper

It is also essential in the production of haemoglobin.

It is found in eggs, green leafy vegetables etc.

4. Chromium

It stimulates insulin activities.

5. Cobalt

It protects us from anaemia .