

# TRAINING DIET

## Food Sources of Minerals



If you are eating a variety of foods from each food group and consuming enough food to meet your energy needs, you will likely be consuming the minerals you need. If you choose only the minimum number of servings from each food group each day, it is important that you choose wisely to ensure that you meet your mineral needs.

MINERAL	GOOD FOOD SOURCES
<b>Calcium</b>	Milk and alternatives, canned sardines and salmon with bone, broccoli, legumes, fortified plant beverages (soy, rice, orange juice), almonds/almond butter, dried figs, dark green leafy vegetables, calcium fortified tofu.  To learn which foods contain a little or a lot of calcium you can check the nutritional tip sheet " <a href="#">Calcium Counter</a> ".
<b>Iron</b>	Sources of easily absorbed (heme) iron: liver, heart, kidney, meat, dark poultry meat, fish, oysters, clams.  Sources of less readily absorbed (non-heme) iron: nuts, seeds, dark green leafy vegetables, whole or enriched grains, legumes (beans), blackstrap molasses, dried fruit, wheat germ.  To learn more about the iron content of common foods you can check the nutritional tip sheet " <a href="#">Iron Indicator</a> ".
<b>Magnesium</b>	Oysters, milk and yogurt, legumes, cereals, nuts, molasses, green leafy vegetables, cocoa.
<b>Sodium</b>	Salt, marinade, broth, salad dressing, soy sauce, salty canned or frozen foods, deli foods, tomato sauce, cheese, mustard, ketchup.
<b>Potassium</b>	Meat, vegetables and fruit (especially potato, tomato, cantaloupe, banana, orange, grapefruit), milk, cereals, legumes.
<b>Iodine</b>	Iodized salt, seafood, milk.
<b>Chloride</b>	Salt.
<b>Zinc</b>	Oysters, meat, liver, whole grains, legumes, milk.

The nutritional tip sheet "[Evaluating Vitamin & Mineral Products: Pills, Powders, Beverages and Bars](#)" provides more information on the possible danger of taking supplements inappropriately.

If animal products are not part of the diet, the nutritional tip sheet "[Vegetarian Ways of Eating](#)" can help you plan your food choices to obtain the minerals needed for health and training.

A registered dietitian with expertise in sport can teach you how to select food to be sure you are obtaining the nutrients you need. You can contact the dietitian at your [Canadian Sport Centre](#) or someone listed under the [Sport Nutrition Registry](#) on the CAC website. If there is no dietitian with expertise in sport listed in your area, [Dietitians of Canada](#) may list a dietitian near where you live.

**SNAC** Sport Nutrition Advisory Committee  
Comité consultatif sur la nutrition sportive

