Mineral>5g	**Main function**	**Health consideration**	**Food source**	**deficiency**	**Toxicity**
Sodium (Na+)	1. Main extracellular cation, taste of salt 2. Nerve transmission, muscle contraction 3. Acid-base regulation of body fluid 4. Absorbed by intestine 5. Excessive Na+ removed by filtration kidney and correct amount added to blood 6. More water is needed to dilute it	920-2300 mg/day (people usually eat a lot more) excessive salt can cause hypertension	Salt Fresh fruit, vege, meat is <u>low in Na+ (high in K+)</u> Processed food <u>high in Na+ (low in K+)</u> *salt also control food texture	rare	**Oedema and raised blood pressure** (hypertension)
Chloride (Cl-)	1. Main extracellular negative ion 2. Osmosis 3. Hydrochloride acid in stomoch			Rare, but may lead to death If vomit / heavy sweat	