Quick Webcast With a Few Interesting Science Facts

Curious Cat Science and Engineering Blog

Interesting facts: I didn't know that we require 13 minerals or that alcoholic beverages contain amounts of all the minerals we need. An amazing fact: the average person walks the equivalent of 3 times around the earth in a lifetime.

The minerals we need [1] (and the recommended daily amount [2])

Calcium – 1,200 mg
Magnesium – 320 mg
Phosphorus – 700 mg
Potassium – 4.7 g
Sodium – ?
Chloride?

trace amounts needed
Cobalt (as Vitamin B12) – 2.4 mcg
Copper – 1,156 mcg
Iodine – 150 mcg
Iron – 8 mg
Manganese – 1.8 mg
Niacin – 14 mg
Riboflavin – 1.1 mg
Selenium – 55 mcg
Thiamin – 1.1 mg
Zinc – 8 mg
Chromium?, Molybdenum? Fluoride?

Frankly, in my quick looks around the internet I am not sure what they base the claim we need only 13 minerals on. It seems we need trace amounts of more minerals – did they just ignore those not in alcohol?

I couldn't find good sources confirming just what minerals are needed. Many list some minerals but don't list others. I am not really sure what the answer is. I am glad I seem to somehow get whatever I need just by eating somewhat healthfully. It is pretty cool we get these things that way. Of course if we didn't our ancestors wouldn't have survived to create descendants that finally became us – as they had a much harder time than me (who can just go the restaurant and grocery store and get all sorts of wonderful food).

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Links:
[1] http://www.nhs.uk/Conditions/vitamins-minerals/Pages/Other-vitamins-minerals.aspx
[2] http://www.health.harvard.edu/newsletters/Harvard_Womens_Health_Watch/2009/July/Getting-your-vitamins-and-minerals-through-diet