### Chloride (Cl)
- Seaweed, tomato, lettuce, celery, olives
- Creates stomach acid and maintains proper fluid balance by acting as an electrolyte.

### Potassium (K)
- Banana, papaya, prune, mango, raisins, kiwi, avocado, spinach, almonds, cantaloupe, honeydew melon, lima beans

### Calcium (Ca)
- Collard greens, broccoli, kale, bok choy, figs, black-eyed peas

### Magnesium (Mg)
- Avocado, spinach, Swiss chard, nuts, pumpkin seeds, black beans, black-eyed peas

### Phosphorus (P)
- Pumpkin seeds, salmon, Brazil nuts, beans, lentils

### Sulfur (S)
- Cabbage, broccoli, onion, garlic, leeks, Brussel sprouts
- Makes protein molecules and is found in muscle, skin and bone. Essential for converting carbohydrates into energy. Needed for proper insulin function.