

Na⁺

- Canned soups & vegetables
- Cheese
- Ketchup
- Process meats
- Table salt
- Salty snack foods
- Seafood

Mg⁺

- Chocolate (esp. dark)
- Dry beans & peas
- Green, leafy veggies
- Meats
- Nuts
- Seafood
- Whole grains

K⁺

- Chocolate
- Dried fruit, nuts & seeds
- Fruits
 - Oranges
 - Bananas
 - Avocados
 - Apricots
 - Cantaloups
- Meats
- Vegetables
 - Beans
 - Potatoes
 - Mushrooms
 - Tomatoes
 - Celery

DIETARY SOURCES

Ca⁺⁺

- Canned sardines & salmon
- Dairy products
 - Milk
 - Cheese
 - Yogurt
- Green, leafy vegetables
- Legumes
- Molasses
- Nuts
- Whole grains

Phosphorus

- Dairy products
 - Milk
 - Cheese
- Dried beans
- Eggs
- Fish
- Nuts & seeds
- Organ meats
- Poultry
- Whole grains

Cl⁻

- Canned vegetables
- Eggs
- Fresh fruits & vegetables
- Milk
- Processed meats
- Salty foods
- Table salt