

The Free Fitness Tips Newsletter – May 2010

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Hello everyone. I hope you had an enjoyable [bank holiday weekend](#). I spent the vast majority of mine working so I got a little behind when updating the [Free Fitness Tips Blog](#) hence this month's newsletter being slightly late. However, as the old saying goes "better late than never".

This month's newsletter includes:

- [Featured Article!](#)
- [Free Fitness Tips Blog Updates!](#)
- [Final Words!](#)

1) Featured Article

This month there were a number of detailed macromineral articles which were worthy of being featured in the newsletter. However, after some thought I decided that the most impressive of these was...

10 Super Macromineral Food Choices



In my last few articles I have been covering the [macrominerals](#) in depth. I have discussed each of the seven individually, outlined the [benefits](#) and discussed the negative implications of eating [too much](#) or [too little](#). Today I am going to turn my attention to macromineral sources and outlining ten of the best foods for getting your recommended daily allowance (RDA) of

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each of the seven macrominerals.

1) ALMONDS



Almonds are a nutrient packed powerhouse containing high levels of macrominerals, [macronutrients](#), [vitamins](#) and microminerals.

Macrominerals:

- **Calcium:**- Almonds contain 266mg of calcium per 100g. The main function of calcium is to promote healthy bones and teeth but it also controls [blood pressure](#) and regulates nerve and muscle contractions.

- **Magnesium:**- Almonds contain 279mg of magnesium per 100g. Magnesium has many roles

in the body which include assisting with [metabolism](#) and promoting good circulation.

Macronutrients:

- **Protein:**- Almonds contain 23.4g of protein per 100g. Protein's [main function](#) is to build, maintain and repair all your body's cells. However, it is also responsible for producing important chemicals and regulating certain bodily processes.

- **Monounsaturated Fat:**- Almonds contain 33.7g of monounsaturated fat per 100g. Monounsaturated fats have numerous [health benefits](#) which include improved blood cholesterol levels, improved blood glucose levels and protection from [cancer](#).

Vitamins:

- **Vitamin B2:**- Almonds contain 1mg of vitamin B2 per 100g. This vitamin's main role is to break down food into energy but it also supports healthy skin and healthy vision.

- **Vitamin E:**- Almonds contain 26.2mg of vitamin E per 100g. Vitamin E is a powerful antioxidant that protects your body from oxygen related damage and also keeps your nervous system healthy.

Microminerals:

- **Copper:**- Almonds contain 1mg of copper per 100g. Copper has a number of important functions in the body which include maintaining bone health and stimulating the production of red blood cells.

- **Manganese:**- Almonds contain 2.3mg of manganese per 100g. Manganese's roles in the body include assisting with nutrient absorption and keeping your bones healthy and strong.

Serving Suggestions:

When it comes to eating almonds they are a perfect alternative to crisps. If you like the taste they can be eaten on their own or alternatively you can eat them as part of a mix with other nuts and dried fruit. Fried almonds are also a great complement to fish dishes and go particularly well with salmon.

2) BUTTER

Butter is not a popular food choice with many people due to its high [saturated fat](#) content. However, it is a great source of two macrominerals and many other nutrients.



Macrominerals:

- **Chloride**:- Butter contains 1300mg of chloride per 100g. Chloride has a number of roles in the body which include assisting in the absorption of certain [minerals](#) and keeping your blood healthy.

- **Sodium**:- Butter contains 840mg of sodium per 100g. Sodium also has many roles in the body which include assisting with [metabolism](#) and supporting proper muscle and nerve contractions.

Macronutrients:

- **Saturated Fats**:- Butter contains 51.4g of saturated fat per 100g. Many people perceive this macronutrient negatively and believe it can cause cancer and heart disease. However, more recent research has revealed that not only is this untrue but that saturated fat actually has a number of health benefits. It keeps your brain, heart, liver and lungs healthy whilst also protecting you from heart disease.

Vitamins:

- **Vitamin A**:- Butter contains 0.8mg of vitamin A per 100g. This vitamin plays a key role in supporting healthy vision and maintaining night vision.

- **Vitamin D**:- Butter contains 0.7mg of vitamin D per 100g. Vitamin D is essential for the proper absorption of calcium and [phosphorus](#) which in turn help build strong bones and teeth.

Serving Suggestions:

Butter is extremely versatile and makes a great addition to many foods. Adding a small amount to steamed vegetables, fish, meats or even [oatmeal](#) can greatly improve the flavour whilst also providing a serving of all the above nutrients.

3) BEEF FILLET STEAK



Like butter, many people avoid beef because it is rich in saturated fat. However, it is actually a very nutritious food choice supplying you with high levels of certain macrominerals, macronutrients, vitamins and microminerals.

Macrominerals:

- **Phosphorus**:- Beef fillet steak contains 265mg of phosphorus per 100g. The main role of phosphorus is to work with calcium to build strong bones and teeth but it also assists in the creation of certain hormones.

- **Potassium**:- Beef fillet steak contains 470mg of potassium per 100g. Potassium supports a healthy metabolism and is also needed for proper muscle growth.

Macronutrients:

- **Monounsaturated Fats:-** Beef fillet steak contains 3.1g of monounsaturated fats per 100g.
- **Protein:-** Beef fillet steak contains 28.6g of protein per 100g.

Vitamins:

- **Vitamin B2:-** Beef fillet steak contains 0.2mg of vitamin B2 per 100g.
- **Vitamin B3:-** Beef fillet steak contains 3.8mg of vitamin B3 per 100g. The main role of B3 is to support metabolism but it also keeps your digestive system healthy and helps control blood cholesterol levels.
- **Vitamin B6:-** Beef fillet steak contains 0.3mg of vitamin B6 per 100g. The main role of this vitamin is to break down protein but it also helps regulate hormones (chemicals released by cells which influence other cells in the body) and prostaglandins (compounds that come from fatty acids and have important functions in the body).
- **Vitamin B12:-** Beef fillet steak contains 0.0038mg of vitamin B12 per 100g. The main role of B12 is to help produce deoxyribonucleic acid (DNA) and ribonucleic acid (RNA) but it also assists in the production of melatonin (which is important for sleep), myonin (which covers and protects the nerves) and serotonin (which can boost your mood).

Microminerals:

- **Selenium:-** Beef contains 0.0199mg of selenium per 100g. Selenium is a powerful antioxidant which protects your body from oxygen related damage.
- **Zinc:-** Beef contains 7.4mg of zinc per 100g. Zinc plays a key role in protecting your [immune system](#) and keeps it strong and healthy.

Serving Suggestions:

Beef fillet steak is a very popular meal choice when served with vegetables and gravy. However, this is not the only way to eat it. Beef fillet steak can also be a tasty, nutritious addition to casseroles, curries, stews or even salads.

4) BRAZIL NUTS

Nuts are one of the healthiest food choices around and brazil nuts are no exception to this. They contain high levels of three macrominerals and various other macronutrients, vitamins and microminerals.

Macrominerals:

- **Magnesium:-** Brazil nuts contain 70mg of magnesium per 100g.
- **Phosphorus:-** Brazil nuts contain 590mg of phosphorus per 100g.
- **Sulphur:-** Brazil nuts contain 290mg of sulphur per 100g. Sulphur is responsible for keeping your [joints](#) and skin healthy. It also helps you produce collagen (your body's main connective tissue), insulin (a hormone that helps control blood [glucose levels](#)) and keratin (a protein that promotes healthy hair, nails and skin).



Macronutrients:

- **Dietary Fat:-** Brazil nuts contain 60.3g of dietary fat per 100g. This breaks down into 24.6g of monounsaturated fat, 20.6g of [polyunsaturated fat](#) (which supports many functions in your body and also protects you from disease) and 15.1g of saturated fat.

Vitamins:

- **Vitamin E:-** Brazil nuts contain 5.7mg of vitamin E per 100g.

Microminerals:

- **Selenium:-** Brazil nuts contain 1.92mg of selenium per 100g.

Serving Suggestions:

Like almonds, brazil nuts are a perfect snack food and a great alternative to biscuits, chocolate or crisps. If you enjoy the taste brazil nuts can be eaten on their own or if you prefer they can be eaten as part of a mixed fruit and nut selection.

5) CHICKEN

Chicken is a brilliant source of two macrominerals; phosphorus and sulphur. It is also a great source of protein, various vitamins and the micromineral selenium.

Macrominerals:

- **Phosphorus:-** Chicken contains 190mg of phosphorus per 100g.

- **Sulphur:-** Chicken contains 300mg of sulphur per 100g.

Macronutrients:

- **Protein:-** Chicken contains 21.8g of protein per 100g.

Vitamins:

- **Vitamin B3:-** Chicken contains 13.7g of vitamin B3 per 100g.

- **Vitamin B6:-** Chicken contains 0.6mg of vitamin B6 per 100g.

Microminerals:

- **Selenium:-** Chicken contains 0.0276mg of selenium per 100g.

Serving Suggestions:

Chicken is extremely flexible. It can be eaten hot or cold, on its own or as part of a meal and when it comes to cooking you can fry it, grill it, steam it or bake it. When it comes to chicken based meals there is plenty to choose from with some of the options including curries, casseroles, stews and salads.

6) MILK

Milk is a very good source of calcium and phosphorus. It is also rich in a selection of vitamins.

Macrominerals:

- **Calcium:-** Milk contains 11.4mg of calcium per 100ml.
- **Phosphorus:-** Milk contains 100mg of phosphorus per 100ml.

Vitamins:

- **Vitamin A:-** Milk contains 35mg of vitamin A per 100ml.
- **Vitamin B2:-** Milk contains 0.2mg of vitamin B2 per 100ml.
- **Vitamin B7:-** Milk contains 2mg of vitamin B7 per 100ml. B7 helps your body break down the macronutrients into blood glucose and is essential for healthy growth.
- **Vitamin D:-** Milk contains 0.001mg of vitamin D per 100ml.

Serving Suggestions:

When it comes to drinking milk there are a few options available. You can have it on its own, mix it up as part of a [protein shake](#), use it to make oatmeal or use it as the base for a tasty sauce.



7) OLIVES



Olives are a highly nutritious food containing high levels of various macrominerals, macronutrients, vitamins and microminerals.

Macrominerals:

- **Chloride:-** Olives contain 300mg of chloride per 100g.
- **Sodium:-** Olives contain 1800mg of sodium per 100g.

Macronutrients:

- **Dietary Fibre:-** Olives contain 3.3mg of dietary fibre per 100g. Dietary fibre has various [health benefits](#) which include reduced constipation, improved vitamin and mineral absorption and better blood glucose control.
- **Monounsaturated Fat:-** Olives contain 11.3g of monounsaturated fat per 100g.

Vitamins:

- **Vitamin E:-** Olives contain 3.8mg of vitamin E per 100g.

Microminerals:

- **Copper:-** Olives contain 0.1mg of copper per 100g.

- **Iron:-** Olives contain 0.5mg of iron per 100g. Iron assists with energy production and also supports a strong, healthy immune system.

Serving Suggestions:

Olives are a very versatile food which can be eaten hot or cold. They can be snacked on individually, added to salads and they also go great with pasta dishes.

8) PRAWN

Prawns contain a selection of nutrients including the macrominerals chloride and sodium.

Macrominerals:

- **Chloride:-** Prawns contain 2550mg of chloride per 100g.

- **Sodium:-** Prawns contain 1590mg of chloride per 100g.

Macronutrients:

- **Protein:-** Prawns contain 20.3g of protein per 100g.

Vitamins:

- **Vitamin B12:-** Prawns contain 0.0012mg of vitamin B12 per 100g.

Microminerals:

- **Zinc:-** Prawns contain 1.1mg of zinc per 100g.

Serving Suggestions:

When it comes to eating prawn they make a great addition to various dishes. Try adding them to a curry, risoto, salad or stew. Not only are they nutritious but they are also a good alternative to meat.



9) SWISS CHEESE



Swiss cheese is probably one of the last foods you think of when it comes to healthy eating. However, it is rich in three of the seven macrominerals and also a fantastic source of dietary fats, protein, vitamins and microminerals.

Macrominerals:

- **Calcium:-** Swiss cheese contains 785mg of calcium per 100g.

- **Phosphorus:-** Swiss cheese contains 462mg of phosphorus per 100g.

- **Sodium:-** Swiss cheese contains 190mg of

sodium per 100g.

Macronutrients:

- **Protein:-** Swiss cheese contains 26.7g of protein per 100g.

- **Saturated Fat:-** Swiss cheese contains 17.7g of saturated fat per 100g.

Vitamins:

- **Vitamin A:-** Swiss cheese contains 0.247mg of vitamin A per 100g.

- **Vitamin B2:-** Swiss cheese contains 0.294mg of vitamin B2 per 100g.

- **Vitamin B12:-** Swiss cheese contains 0.00332mg of vitamin B12 per 100g.

Microminerals:

- **Zinc:-** Swiss cheese contains 4.33mg of zinc per 100g.

Serving Suggestions:

Swiss cheese is an excellent addition to almost any meal. It can be sprinkled on a salad to add a little kick, used as part of a sauce, placed in the centre of meats to create a tasty filling or even eaten on its own as a snack.

10) SPINACH

Spinach is a nutrient dense vegetable containing high levels of four macrominerals and six vitamins whilst also being an optimal [carbohydrate source](#).

Macrominerals:

- **Calcium:-** Spinach contains 136mg of calcium per 100g.
- **Magnesium:-** Spinach contains 87mg of magnesium per 100g.
- **Potassium:-** Spinach contains 490mg of potassium per 100g.
- **Sulphur:-** Spinach contains 90mg of sulphur per 100g.

Macronutrients:

- **Carbohydrates:-** Spinach contains 3.6g of carbohydrates per 100g. Carbohydrates are your body's main source of energy and often [supply your body with other key nutrients](#).
- **Dietary Fibre:-** Spinach contains 2.2g of dietary fibre per 100g.

Vitamins:

- **Vitamin A:-** Spinach contains 2.7mg of vitamin A per 100g.
- **Vitamin B2:-** Spinach contains 0.2mg of vitamin B2 per 100g.
- **Vitamin B6:-** Spinach contains 0.2mg of vitamin B6 per 100g.
- **Vitamin B9:-** Spinach contains 0.194mg of vitamin B9 per 100g. Vitamin B9 is essential for the production of the genetic information carriers DNA and RNA and also works with vitamin B12 to create red blood cells.
- **Vitamin C:-** Spinach contains 28.1mg of vitamin C per 100g. Vitamin C is required for the production of collagen (a protein in connective tissues which is essential for the proper healing of wounds).
- **Vitamin K:-** Spinach contains 0.483mg of vitamin K per 100g. Vitamin K is essential for the clotting of blood and prevents wounds from bleeding continuously.

Microminerals:

- **Iron:-** Spinach contains 2.7mg per 100g.
- **Manganese:-** Spinach contains 0.9mg per 100g.

As you can see there are many choices available when it comes to getting your macrominerals. On top of this all the foods listed contain high levels of macronutrients, vitamins and microminerals making them an excellent all round choice for good health. So if your current diet is limited and lacking in macrominerals make some changes and start eating some of the foods on this list today.



2) Free Fitness Tips Blog Updates

I kicked off [May's](#) blog content with a guest post before moving on to cover the [macrominerals](#) in more depth. Towards the end of the month [Slendertone](#) got in touch with me and invited me to participate in the [Slendertone 6 Week Plan](#) so I finished off my May posts by discussing my first experiences with their ab belt. The full list of blog posts is listed below:

- [Top 7 Most Common Sports Injuries](#) - May 8th 2010 (guest post from Andrew Salmon)
- [15 Disadvantages of Macromineral Deficiency](#) - May 11th 2010
- [10 Super Macromineral Food Choices](#) - May 16th 2010
- [Stamina: Eat Your Way To More Energy](#) - May 17th 2010 (guest post from Melissa Tamura)
- [How Much Of Each Macromineral Should You Consume?](#) - May 20th 2010
- [Boron Explained](#) - May 23rd 2010
- [I'm Doing The Slendertone 6 Week Plan](#) - May 26th 2010
- [My First Thoughts On Slendertone](#) - May 29th 2010

3) Final Words

This is the first month in quite a while that I have managed to get some momentum behind me and publish a decent, consistent amount of content to the [Free Fitness Tips Blog](#) so I really hope I manage to keep this going into June. In June I will be finishing off the [Slendertone 6 Week Plan](#) (I am currently just coming to the end of week 2) and giving readers of the blog regular updates on my progress. So if you want to find out whether [Slendertone](#) really works keep reading.

Until next time,

Tom Parker (Owner and Creator of Free Fitness Tips)