

Mineral Intake Self-Assessment Guide

Your Personal Tool for Evaluating and Improving Your Mineral Nutrition

Welcome to Your Mineral Journey

This guide isn't about perfection. It's about awareness. Minerals work silently in the background of your health—enabling energy production, bone strength, immune function, and hundreds of other processes you never think about until something goes wrong.

The questions on the following pages are designed to help you see patterns. Where are you doing well? Where might there be gaps? What small changes could make a meaningful difference?

There's no score at the end, no pass/fail. Just information you can use.

How to Use This Guide

1. **Track for 3-7 days.** The longer you track, the clearer your patterns become. A single day might be unusual; a week shows the truth.
2. **Be honest, not perfect.** If you ate takeout three nights in a row, write it down. This isn't about judgment; it's about data.
3. **Note how you feel.** Minerals affect energy, mood, sleep, and cravings. Pay attention to the connections.
4. **Review at the end.** Look for patterns. Then use the food sources guide to make small, targeted adjustments.

Part 1: Your Daily Food Log

Photocopy this page or use it as a template for each day you track.

Date: _____

Meal	Foods Eaten	Approximate Portions	Notes (How I felt before/ after)
Breakfast			
Lunch			
Dinner			
Snacks			
Beverages			

Today's Reflection:

- Energy level (1-10): _____
- Any cravings? _____
- Any muscle cramps or twitches? _____
- Sleep quality last night (1-10): _____
- Stress level today (1-10): _____

Part 2: Mineral-Specific Self-Assessment

Answer these questions honestly. They'll help identify potential gaps.

Calcium

Question	Yes	No	Sometimes
Do you consume dairy products (milk, yogurt, cheese) most days?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If you avoid dairy, do you eat calcium-fortified foods (plant milks, tofu, cereals) or canned fish with bones?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat leafy greens (collards, kale, broccoli) several times a week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been told you have low bone density or are at risk for osteoporosis?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you take a calcium supplement?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

Magnesium

Question	Yes	No	Sometimes
Do you eat nuts or seeds (pumpkin seeds, almonds, cashews) most days?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat leafy greens (spinach, Swiss chard) regularly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat beans, lentils, or other legumes several times a week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience frequent muscle cramps, twitches, or Charlie horses?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have trouble falling or staying asleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel tired even after sleeping?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience regular headaches or migraines?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

Iron

Question	Yes	No	Sometimes
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Do you eat red meat, poultry, or fish several times a week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
If vegetarian/vegan, do you eat beans, lentils, spinach, and iron-fortified foods regularly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you pair plant iron sources with vitamin C foods (citrus, bell peppers, tomatoes)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel tired or weak much of the time?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel dizzy or lightheaded?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have pale skin or dark circles under your eyes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you get frequent headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel cold when others are comfortable?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(For women) Are your menstrual periods heavy?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

Potassium

Question	Yes	No	Sometimes
Do you eat vegetables with most meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat fruit daily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat potatoes or sweet potatoes (with skin) regularly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat beans or lentils several times a week?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience muscle weakness or cramping?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you retain water or feel bloated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat a lot of processed or fast foods?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

Zinc

Question	Yes	No	Sometimes
Do you eat meat, poultry, or seafood regularly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat oysters or other shellfish?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you eat nuts, seeds, or legumes daily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you seem to catch every cold or virus that comes around?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do cuts or wounds heal slowly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you noticed hair thinning or loss?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you lost your sense of taste or smell?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have frequent digestive issues?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes: _____

Part 3: Lifestyle Factors That Affect Mineral Status

Minerals don't exist in a vacuum. These factors can increase your needs or affect absorption.

Factor	Yes	No	Notes
Do you exercise intensely most days? (Sweating increases mineral loss)	<input type="checkbox"/>	<input type="checkbox"/>	
Do you drink alcohol regularly? (Alcohol can deplete minerals)	<input type="checkbox"/>	<input type="checkbox"/>	

Do you drink coffee or tea throughout the day? (Can affect iron absorption)	<input type="checkbox"/>	<input type="checkbox"/>	
Do you take any medications regularly? (Some affect mineral levels)	<input type="checkbox"/>	<input type="checkbox"/>	
Do you have a digestive condition (IBS, Crohn's, celiac)?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you pregnant or breastfeeding?	<input type="checkbox"/>	<input type="checkbox"/>	
Are you over 50? (Absorption changes with age)	<input type="checkbox"/>	<input type="checkbox"/>	
Do you follow a restricted diet (vegan, vegetarian, keto, etc.)?	<input type="checkbox"/>	<input type="checkbox"/>	

Part 4: Your Mineral-Rich Foods Reference Sheet

Keep this handy for shopping and meal planning.

Calcium-Rich Foods

Food	Approximate Calcium	Serving Size
Yogurt (plain)	300-400 mg	1 cup
Milk (cow or fortified plant)	300 mg	1 cup
Cheese (cheddar, mozzarella)	200-300 mg	1.5 ounces
Canned salmon with bones	180 mg	3 ounces
Calcium-set tofu	250-300 mg	4 ounces

Collard greens (cooked)	260 mg	1 cup
Kale (cooked)	100 mg	1 cup
Broccoli (cooked)	60 mg	1 cup

Magnesium-Rich Foods

Food	Approximate Magnesium	Serving Size
Pumpkin seeds	190 mg	¼ cup
Almonds	80 mg	1 ounce
Spinach (cooked)	75 mg	½ cup
Cashews	75 mg	1 ounce
Black beans	60 mg	½ cup
Dark chocolate (70-85%)	50 mg	1 ounce
Avocado	30 mg	1 medium

Iron-Rich Foods

Food	Approximate Iron	Serving Size
Oysters	8 mg	3 ounces
Beef liver	5 mg	3 ounces
Spinach (cooked)	3 mg	½ cup
Lentils (cooked)	3 mg	½ cup
Dark chocolate	2-3 mg	1 ounce
Tofu	2 mg	½ cup
Chickpeas	2 mg	½ cup
Quinoa (cooked)	1.5 mg	½ cup

Potassium-Rich Foods

Food	Approximate Potassium	Serving Size
Baked potato with skin	900 mg	1 medium
Sweet potato	700 mg	1 medium
Spinach (cooked)	800 mg	1 cup
Acorn squash	900 mg	1 cup
Banana	400 mg	1 medium

Salmon	500 mg	6 ounces
Avocado	500 mg	½ avocado
White beans	600 mg	½ cup

Zinc-Rich Foods

Food	Approximate Zinc	Serving Size
Oysters	30-50 mg	3 ounces
Beef	5-7 mg	3 ounces
Crab	4-6 mg	3 ounces
Pumpkin seeds	2 mg	¼ cup
Cashews	1.5 mg	1 ounce
Chickpeas	1.5 mg	½ cup
Yogurt	1.5 mg	1 cup

Part 5: Your Personal Action Plan

Based on your self-assessment, what's one small change you can make?

My biggest potential mineral gaps appear to be:

- 1.
- 2.
- 3.

One food I can add or eat more often to address this:

For gap #1: _____

For gap #2: _____

For gap #3: _____

One habit I can change to improve absorption:

(Examples: Drink coffee between meals instead of with meals to improve iron absorption; add lemon juice to spinach; cook tomatoes with beans)

How I'll remember to do this:

(Examples: Put pumpkin seeds on my shopping list; set a phone reminder to take supplements with food; prep beans on Sunday)

Date to reassess: _____ (Give yourself 2-4 weeks)

Part 6: When to Consider Supplements

Supplements have their place, but they're not the first step. Consider supplementation if:

- You've tracked your diet honestly and consistently come up short
- You have a diagnosed deficiency from blood work

- You have a medical condition that affects absorption
- You follow a restrictive diet that eliminates major food groups
- You're pregnant, breastfeeding, or in a life stage with increased needs
- You've worked with a healthcare provider who recommends them

Important: More isn't better. Some minerals compete for absorption (like zinc and copper), and excess can be harmful. If you supplement, choose third-party tested products and follow recommended dosages.

Final Thoughts

You've just done something most people never do: you've looked honestly at what you're eating and how it might be affecting your health.

The goal isn't perfection. It's progress. Adding a handful of spinach here, a serving of beans there, a few pumpkin seeds on your oatmeal—these small choices add up over time.

Your body is running on minerals every second of every day. Give it what it needs, and it will thank you in ways you might never notice. That's the thing about minerals: when everything's working, you don't feel them. You just feel healthy.