

A large proportion of the nutrient elements we require are derived from crops grown in soil

Nutrient elements and selected

examples of function

You need a lot of these...

Macronutrients: requirements (grams/day)

Sulphur (cartilage formation)	10
Potassium (insulin secretion)	3.5
Sodium (fluid balance)	1.6
Chloride (stomach juices)	2.5
Magnesium (enzyme co-factor)	0.3
Calcium (bones)	0.7
Phosphorus (energy release)	0.55

and not much of these...

Micronutrients: requirements (milligrams/day)

Iron (haem proteins)	8.7(M) 11.4(F)
Manganese (bone formation)	1–10
Zinc (wound healing)	5.5–9.5(M) 4.0–7.0(F)
Copper (enzymes)	1.2
Molybdenum (oxidoreductase)	0.1–0.3
Iodine (thyroid)	0.14
Selenium (antioxidant)	0.075(M) 0.06(F)
Chromium (carbohydrate metabolism)	0.025
Cobalt (vitamin B12) (fatty acid metabolism)	0.000006



REFERENCE
Expert Group on vitamins and minerals Food Standards Agency 2003