

## **OBJECTIVE**

Our body needs many minerals, which are generally referred to as essential minerals. The essential minerals are further divided into major and minor minerals. Both these group of minerals are equally important for our body. The importance of both major and minerals, effect of deficiency, food source, supplementation and toxicity are discussed. Heavy metal contamination and toxicity is another area, wherein to ensure that the limits for these metals are not exceeded, routine analysis of food must be carried out by the competent authority.