

NUTRIENT DEFICIENCY REFERENCE

Common Indicators and Sources

NUTRIENT	COMMON DEFICIENCY SIGNS	DIETARY SOURCES
Vitamin A	Night blindness, dry eyes, frequent infections	Carrots, sweet potatoes, spinach, liver
Vitamin B12	Fatigue, tingling in hands/feet, brain fog	Beef, clams, eggs, dairy, fortified cereals
Vitamin C	Bleeding gums, slow wound healing, bruising	Citrus fruits, bell peppers, strawberries, broccoli
Vitamin D	Bone pain, muscle weakness, mood changes	Sunlight, fatty fish, egg yolks, mushrooms

NUTRIENT	COMMON DEFICIENCY SIGNS	DIETARY SOURCES
Iron	Pale skin, shortness of breath, cold hands	Red meat, lentils, spinach, pumpkin seeds

NUTRIENT	COMMON DEFICIENCY SIGNS	DIETARY SOURCES
Magnesium	Muscle cramps, insomnia, irregular heartbeat	Dark chocolate, almonds, avocados, legumes
Zinc	Loss of taste/smell, hair loss, diarrhea	Oysters, chickpeas, cashews, pumpkin seeds
Calcium	Brittle nails, muscle spasms, bone density loss	Yogurt, sardines, kale, tofu, cheese

Template Example Only. Consult a healthcare professional for clinical diagnosis.