

# ESSENTIAL NUTRIENT DEFICIENCY REFERENCE

NUTRIENT	COMMON SYMPTOMS	COMMON FOOD SOURCES
<b>VITAMINS</b>		
<b>Vitamin A</b>	Night blindness, dry eyes, frequent infections, skin irritation.	Carrots, sweet potatoes, spinach, beef liver.
<b>Vitamin B12</b>	Fatigue, numbness in hands/feet, memory issues, sore tongue.	Meat, eggs, dairy, fortified cereals.
<b>Vitamin C</b>	Bleeding gums, slow wound healing, joint pain, easy bruising.	Citrus fruits, bell peppers, strawberries, broccoli.
<b>Vitamin D</b>	Bone pain, muscle weakness, mood changes, hair loss.	Sunlight, fatty fish, egg yolks, fortified milk.
<b>MINERALS</b>		
<b>Iron</b>	Extreme fatigue, pale skin, brittle nails, cold hands/feet.	Red meat, beans, lentils, spinach.

<b>NUTRIENT</b>	<b>COMMON SYMPTOMS</b>	<b>COMMON FOOD SOURCES</b>
<b>Magnesium</b>	Muscle cramps, abnormal heart rhythm, tremors, insomnia.	Pumpkin seeds, almonds, dark chocolate, leafy greens.
<b>Calcium</b>	Muscle spasms, weak/brittle bones, tingling in fingers.	Dairy products, sardines, kale, tofu.
<b>Zinc</b>	Loss of taste/smell, hair loss, delayed wound healing.	Oysters, chickpeas, pumpkin seeds, beef.

Disclaimer: This chart is for educational purposes only. Consult a healthcare professional for diagnosis.