

HEALTH ASSESSMENT

Vitamin & Mineral Deficiency Reference

Date: _____

NUTRIENT	COMMON DEFICIENCY SIGNS	COMMON FOOD SOURCES
Vitamin A	Night blindness, dry skin, frequent infections.	Carrots, sweet potatoes, spinach, eggs.
Vitamin B12	Fatigue, numbness in hands/feet, brain fog.	Beef, sardines, dairy, fortified cereals.
Vitamin C	Bleeding gums, slow wound healing, bruising.	Citrus fruits, bell peppers, strawberries.
Vitamin D	Bone pain, muscle weakness, low mood.	Sunlight, fatty fish, egg yolks.
Iron	Pale skin, cold hands/feet, brittle nails.	Red meat, lentils, spinach, quinoa.
Magnesium	Muscle cramps, insomnia, palpitations.	Dark chocolate, almonds, pumpkin seeds.
Zinc	Hair loss, loss of taste, white spots on nails.	Oysters, chickpeas, pumpkin seeds.

* This document is a template for educational purposes only. Consult a healthcare professional for clinical diagnosis.