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PEDIATRIC VITAMIN DEFICIENCY CHART

Common signs and symptoms in children

Vitamin	Common Symptoms	Key Food Sources
Vitamin A	Dry eyes, night blindness, frequent infections, dry/scaly skin.	<i>Carrots, sweet potatoes, spinach, eggs.</i>
Vitamin B12	Fatigue, weakness, tingling in hands/feet, developmental delays, irritability.	<i>Meat, fish, dairy, fortified cereals.</i>
Vitamin C	Bleeding gums, easy bruising, slow wound healing, joint pain.	<i>Citrus fruits, strawberries, bell peppers.</i>
Vitamin D	Bone pain, muscle weakness, delayed growth, bowed legs (Rickets).	<i>Sunlight, fatty fish, fortified milk.</i>
Iron	Pale skin, cold hands/feet, unusual cravings (pica), poor appetite.	<i>Red meat, beans, spinach, fortified grains.</i>
Zinc	Loss of appetite, slow growth, hair loss, diarrhea, delayed puberty.	<i>Oysters, beef, pumpkin seeds, lentils.</i>

Disclaimer: This chart is for informational purposes only. Consult a pediatrician for medical diagnosis.