

Some Problems with Missing Nutrients

<u>VITAMINS</u>	<u>DEFICIENCY SIGNS</u>	<u>OBTAINED FROM (FOODS)</u>
Vitamin A	Night blindness Poor growth Dry skin, joint pain	Fortified milk, breakfast cereals, yellow, orange, dark green vegetables and fruit
Vitamin D	Soft bones	Fortified milk, cereals, canned salmon
Vitamin E	Nerve destruction	Fruits, vegetables, oils, fortified cereals
Vitamin K	Hemorrhage	Green vegetables
B vitamins	Nerve & heart function, fatigue, headache, nausea, DEPRESSION anemia	Nuts, seeds, whole grains, milk, vegetables, fish, chicken, beef, eggs, fruits

<u>MINERALS</u> (to name just a few)	<u>DEFICIENCY SIGNS</u>	<u>OBTAINED FROM (FOODS)</u>
Calcium	Bone, joint problems	Dairy products, green leafies
Potassium	Irregular heartbeat, muscle cramps	Fruits, vegetables, legumes, whole grains
Iron	Anemia, small, pale, fatigue, DEPRESSION	Meats, spinach, broccoli, whole grain and enriched breads
Zinc	Skin rash, diarrhea, hair loss, poor growth and development, poor healing	Seafood, meats, greens, whole grains
Selenium	Muscle pain, weakness	Whole grains, seafood

* **Note: Many nutrient deficiencies INCLUDING WATER, cause fatigue, nervousness, DEPRESSION, and lack of ability to concentrate and learn.**