



COMMON NUTRIENT DEFICIENCIES



CALCIUM

Over time deficiency can lead to weakened bones, fractures, or abnormal heart rhythms. Calcium rich foods include boned fish, dairy products, fortified orange juice and green leafy vegetables.

VITAMIN D

Deficiency develops over time and may cause bone pain, muscle weakness, or increased infection. There are few food sources, but fortified dairy products and fatty fish contain significant amounts. Getting some sun is the best way for your body to synthesize Vitamin D itself.



MAGENESIUM

Severe deficiency can cause migraines, fatigue, muscle cramps or irregular heartbeat. Long-term deficiency may lead to insulin resistance and high blood pressure. Whole grains, almonds, dark chocolate and green leafy vegetables are good sources.

VITAMIN C

Deficiency can cause easy bruising, slow healing, and weakness. Citrus and tropical fruits are good sources, along with bell peppers, broccoli and potatoes.



IRON

Deficiency often leads to anemia, or symptoms that include fatigue, weakness and impaired brain function. Red meat is the best source, followed by other animal products. Less absorbable sources include beans, seeds, and dark leafy greens.

VITAMIN B6

Common along with other B deficiencies and can cause skin problems, mood changes, fatigue and sore lip or tongue. Good sources include poultry, fish, bananas, chickpeas and potatoes.



Source: eatright.org & Healthline

Contact your onsite Health Coach for more information:

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