



### Deficiency of Minerals

Minerals and sources	function	Deficiency disease	Symptoms
<b>Calcium</b> Sources: milk and green leafy vegetables	Strengthens bones and teeth and helps in clotting of blood	Osteoporosis in adults rickets in chicken	Brittle bones; excessive bleeding; stunted growth; weak teeth and bones
<b>Phosphorous</b> Sources: cereals, pulses, meat and green leafy vegetables	Strengthens bones and teeth	Rickets in children	Weakening of bones; poor development of bones and nervous system; mental retardation; retarded growth; loss of weight
<b>Iron</b> Sources: cereals, pulses, meat and green leafy vegetables	Helps in the formation of hemoglobin and red blood cells	anemia	Pale body colour; body fatigue; white nails; loss of weight swelling in hands and feet
<b>Iodine</b> Sources: fish and salt	Required for proper working of the thyroid gland	goiter	Enlargement of the thyroid gland; mental retardation; retarded growth
<b>Sodium and potassium</b> Sources: salt and most food items	Help in maintain body's water balance	Body and muscle weakness paralysis	General weakness; dehydration
<b>Magnesium</b> Sources: green leafy vegetables, cereals, chicken and fish	Regulates the functioning of muscles and nerves	Weak muscles and nerves	Loss of appetite upset stomach sleeplessness

### Deficiency of water in the body

Water is very essential for proper functioning of our body. Excess loss of water from the body leads to a condition called dehydration

Dehydration causes loss of salts and leads to weakness in the body. Oral rehydrating solution can be given to the patient to recover from dehydration. It is available free of cost at primary health centers. it can also be made at home by mixing 8 teaspoons of sugar and 1 teaspoon of salt in 1litre of clean , drinking water



## Deficiency Diseases

Vitamins/Minerals	Deficiency Diseases	Symptoms
Vitamin A	Night blindness	Poor vision, loss of vision in darkness
Vitamin B1	Beriberi	Weak muscles, fatigue
Vitamin C	Scurvy	Bleeding gums
Vitamin D	Rickets	Bent bones
Calcium	Osteomalacia	Weak bones, tooth decay
Iodine	Goitre	Swelling in neck
Iron	Anaemia	General weakness, fatigue

**Dietary fiber:** The fibrous indigestible material present in any food is termed as dietary fibre or roughage. It helps in preventing constipation. It adds bulk to the food and gives a sense of fullness after the meal. Salad, vegetables, sprouted grains and fruits are the sources of roughages.

