



Vital health information in a minute

Avoid falling short on these four nutrients

Most people can get all the nutrients they need by eating a healthy, well-rounded diet. But what if you're missing important vitamins and minerals? Your body may be running low on the fuel it needs to function. Try boosting your diet with more nutrient-rich foods. You might also consider taking a dietary supplement to fill any gaps. Be sure to talk with your doctor to find out what's right for you.

1. Vitamin B-6 deficiency

Who's at risk

People with kidney disease or an autoimmune condition, and those who drink too much alcohol

Possible symptoms

Skin rash and other skin problems, including scaly patches of skin, dandruff and red skin

Nutrition-packed foods to choose

Beans, poultry, fish, dark leafy vegetables, oranges, cantaloupe, fortified cereals and grains

2. Vitamin C deficiency

Who's at risk

People who don't eat enough fruits and vegetables

Possible symptoms

Easy bruising, bleeding gums and slow-healing wounds

Nutrition-packed foods to choose

Citrus fruits, bell peppers, broccoli, kiwi and strawberries

3. Vitamin D deficiency

Who's at risk

Older adults, people with celiac disease, Crohn's disease or obesity and those who have dark skin or don't get vitamin D naturally from the sun

Possible symptoms

Muscle weakness, increased infection or bone pain

Nutrition-packed foods to choose

Fortified dairy products, fortified orange juice, salmon and tuna

4. Iron deficiency

Who's at risk

Women of childbearing age and children

Possible symptoms

Fatigue, dizziness, headache, cold extremities, pale skin and weakness

Nutrition-packed foods to choose

Lean meat, poultry and seafood are the best sources of iron; other good sources include lentils, beans, spinach and iron-fortified foods



Foods rich in vitamin C help increase the absorption of iron from plant-based foods – so you get extra benefits when you eat them together. This recipe for [Immunity Soup](#) combines vitamin-C-rich kale with chicken and chickpeas, which are both good sources of iron.

Source:

1. Academy of Nutrition and Dietetics. "Is Your Body Trying to Tell You Something? Common Nutrient Inadequacies and Deficiencies." <http://www.eatright.org/resource/food/vitamins-and-supplements/types-of-vitamins-and-nutrients/is-your-body-trying-to-tell-you-something-recognizing-common-nutrient-inadequacies-and-deficiencies>