

List of Nutrient Sources & Their Deficiency Diseases

S.No.	Nutrients	Constituent/Deficiency Diseases/Sources
1	Vitamin A	Constituent: Retinol, Retinoic Acid, Beta-Carotene Deficiency Diseases: Night-blindness, Healing epithelial cells, Normal development of teeth and bones Sources: Carrots, Papaya, Milk, Cheese, Fish Liver Oil, Green Vegetables etc
2	Vitamin B1	Constituent: Thiamine Deficiency Diseases: Beriberi Sources: Brewer's Yeast, Whole Grain, Oatmeal, Legumes, Peanuts, Dried Soybean, Sunflower Seeds etc.
3	Vitamin B2	Constituent: Riboflavin Deficiency Diseases: Ariboflavinosis Sources: Beef Liver, Lamb, Milk, Mushroom, Spinach, Almonds etc.
4	Vitamin B3	Constituent: Niacin or Nicotinic Acid Deficiency Diseases: Pellagra Sources: Tuna, Chicken, Turkey, Mushrooms, Bacon, Broccoli, Veal etc.
5	Vitamin B5	Constituent: Pantothenic Acid Deficiency Diseases: Acne, Paresthesia Sources: Chicken Liver, Sunflower Seeds, Salmon, Avocados, Corn, Broccoli, Mushroom etc.
6	Vitamin B6	Constituent: Pyridoxine, Pyridoxal, Pyridoxamine Deficiency Diseases: Dandruff-like eruptions, Pink eye, Epilepsy Sources: Potatoes & other starchy vegetables, Fruit (other than citrus) etc.
7	Vitamin B7	Constituent: Biotin Deficiency Diseases: Growth & Neurological Disorders in Infants Sources: Raw Egg Yolk, Liver, Peanuts, Yeast, Whole-wheat Bread, Cheddar Cheese, Pork etc.
8	Vitamin B9	Constituent: Folic Acid Deficiency Diseases: Macrocytic Anaemia, Birth Defects Sources: Dark Leafy Greens like Spinach, Asparagus, Broccoli, Citrus Fruits, Beans, Peas, Lentils, Avocados etc
9	Vitamin B12	Constituent: Various Cobalamins Deficiency Diseases: Macrocytic Anaemia, Memory Loss, Pernicious Anaemia, Mania, Psychosis, Paralysis Sources: Seafood, Beef, Chicken, Eggs etc.
10	Vitamin C	Constituent: L-Ascorbic Acid Deficiency Diseases: Scurvy Sources: Amla, Guava, Chillis, Kiwi, Broccoli, Orange, Papaya, Lemon, etc.

11	Vitamin D	Constituent: Calciferol (D2) & Cholecalciferol (D3) Deficiency Diseases: Rickets, Osteomalacia, Needed for absorption of calcium from small intestines, Calcification of the skeleton Sources: Sunlight, Mushrooms, Alfalfa, Fish Liver Oils, Cooked Egg Yolk, etc.
12	Vitamin E	Constituent: Tochopherols & Tocotrienols Deficiency Diseases: Red Blood Cell Destruction, Ataxia, Retinopathy, Peripheral Neuropathy, Reproductive Failure Sources: Wheat Germ Oil, Canola Oil, Sunflower Oil, Almond Oil, Hazelnuts, Peanuts etc.
13	Essential Fatty Acids	Constituent: Omega 3 (Alpha Linolenic Acid) and Omega 6 (Linolenic Acid) Deficiency Diseases: Several bodily processes afflicted, Skin Ailments Sources: Fish Oils, Flaxseed Oil, Hemp Oil, Olive Oil, Pumpkin Seeds, Leafy Vegetables etc
14	Vitamin K	Constituent: Phylloquinone (K1), Menaquinone (K2) Deficiency Diseases: Lack of Clotting of Blood, Lack of Tissue Renewal Sources: Green Leafy Vegetables etc.
15	Iron	Deficiency Diseases: Anaemia, Arrhythmia Sources: Red Meat, Seafood, Egg Yolk, Bananas, Apple, Green Vegetables, Broccoli, Beans, Pumpkin Seeds etc.
16	Potassium	Deficiency Diseases: High Blood Pressure, Arrhythmia, Muscle Weakness, Myalgia, Muscle Cramps, Constipation, Respiratory Depression, Paralysis Sources: Meat, Milk, Fruits, Vegetables, Whole Grains etc.
17	Calcium	Deficiency Diseases: Osteoporosis, Hypocalcemia, Ostopenia Sources: Milk and Milk Products, Eggs, Wheatgrass etc.
18	Magnesium	Deficiency Diseases: Deterioration of Metabolism & Cellular Functioning, Heart Attacks, Insulin Resistance Sources: Nuts and Seeds, Green Vegetables, Dark Chocolate, Whole Grains etc.
19	Sodium	Deficiency Diseases: Cognitive Impairment, Headaches, Nausea, Seizure, Coma, Electrolytic Imbalance Sources: Salt, Fish, Meat, Vegetables etc.
20	Chlorine	Deficiency Diseases: alkalosis Sources: Salt, Milk, Meats, Vegetables etc.
21	Phosphorous	Deficiency Diseases: hypophosphatemia , rickets in children and osteomalacia in adults Sources: Meat, Fish, Poultry, Eggs, Milk, Bananas etc.
22	Iodine	Deficiency Diseases: Goitre, Cretinism, Deterioration of Metabolism & Cellular Functioning Sources: Iodised Salt, Sea Food, Green Vegetables, Raw

		Milk, Eggs etc.
23	Protein	Deficiency Diseases: Kwashiorkor Sources: Meat, Seafood, Eggs, Pulses & Legumes, Milk & Milk Products etc.
24	Protein-Energy	Deficiency Diseases: Marasmus Sources: Grains, Pulses & Legumes, Meat, Milk & Milk Products, Eggs, Seafood etc.

Reference - <https://foodhyme.com/list-of-nutrient-sources-their-deficiency-diseases/>
