

## Nutrients to help prevent anaemia, symptoms of deficiency and food sources

Nutrient	Signs & Symptoms of deficiency	Food Sources
Vitamin A	Dry Skin Poor night vision Gingivitis Acne Rough/bumpy skin on the back of the arms (Keratosis)	Liver Egg yolks Butternut Squash Sweet potato Carrots Kale Spinach Butter Broccoli
Vitamin B6 (Pyridoxine)	Sore reddened tongue Nerve pain (can also be too much B6 as well) Mood issues PMS & Edema Acne	Turkey Beef Pistachios Avocado Sunflower seeds Sesame seeds Chicken Molasses  *minimise all alcohol intake
Vitamin B9 (Folate)	Fatigue Mouth sores Pale skin Grey hair Tongue swelling	Leafy Greens Asparagus Legumes Eggs Beetroot Nuts & Seeds Sprouts Broccoli Avocado Papaya Banana
Vitamin B12	Fatigue Pale or yellowing skin Weakness Pins and needles Balance and coordination issues/mobility Mouth ulcers Low mood Breathless/dizziness	Liver Eggs Wild Salmon Red Meat Sardines Mackerel Feta Cheese Cottage Cheese Nutritional Yeast

Nutrient	Signs & Symptoms of deficiency	Food Sources
Vitamin C	Poor skin – rough/bumpy/dry/damaged Indented nail beds Easy bruising Poor wound healing Bleeding gums Reduced immunity Iron deficiency Fatigue Inability to lose fat even with predicted calorie deficit	Papaya Peppers Strawberries Oranges Pineapple Kiwi fruit Brussels sprouts Broccoli Cauliflower Potatoes Cherry
Copper	Premature greying of hair Fatigue Frequent illness Memory issues Issues with gait and walking Pale skin	Liver Oysters Dark chocolate Cashews Sunflower seeds Mushrooms Oats
Iron	Fatigue Pale skin Weakness Dizziness Tongue swelling/soreness Rapid heart rate Cold hands and feet Hair loss Dry skin Restless legs Brittle nails	Liver Shellfish Red Meat Quinoa Broccoli Pumpkin seeds Turkey Spinach Tofu Dark Chocolate
Zinc	Poor nail health – white specks, brittle etc Poor wound healing Diarrhoea Reduced appetite Cognitive decline Immune issues	Oysters Spinach Beef Lamb Asparagus Venison Sea Vegetables Pumpkin Seeds Broccoli Sesame seeds