

Vitamins

Vitamin	Symptoms of Deficiency	Sources of Food	Deficiency Disease
Vitamin A	Poor vision in dim light, dry eyes	Carrot, spinach, mango, milk, egg	Night blindness
Vitamin B1	Weakness, tiredness, mouth sores, nerve problems	Whole grains, pulses, milk, eggs, meat, nuts	Beriberi
Vitamin C	Bleeding gums, slow wound healing	Orange, lemon, amla, guava, tomato	Scurvy
Vitamin D	Soft and bent bones	Sunlight, fortified milk, egg yolk, fish	Rickets
Vitamin E	Muscle weakness, weak immune system	Nuts, seeds, vegetable oils, spinach	Muscle and nerve problems (rare)
Vitamin K	Excessive blood loss from injured or cut surfaces due to poor clotting	Green leafy vegetables, broccoli	Delayed blood clotting / excessive bleeding