



# 5 NUTRIENT DEFICIENCIES THAT ARE SILENTLY AFFECTING YOUR HEALTH

Most fatigue, hair fall, mood swings, weight issues and hormonal imbalances are linked to underlying nutrient deficiencies. This guide will help you understand symptoms, food sources, and how to improve absorption.

*By Nutritionist - Harpreet Pasricha*

# 1. MAGNESIUM

## Common Symptoms:

- Muscle cramps, spasms, twitching
- Fatigue, low energy
- Irritability, anxiety
- Poor sleep / insomnia
- Heart palpitations
- Numbness or tingling
- Constipation
- PMS symptoms, headaches, migraines

## Best Food Sources:

- Seeds: Pumpkin seeds, sunflower seeds
- Nuts: Almonds, cashews, peanuts
- Greens: Spinach, methi, amaranth
- Whole grains: Jowar, bajra, brown rice, oats
- Legumes: Rajma, chole, moong
- Others: Dark chocolate (70%+), banana, avocado

## Absorption Boosters:

- Vitamin B6 (banana, chickpeas)
- Good gut health

## What Blocks Absorption:

- Excess caffeine
- Chronic stress
- High sugar intake
- Alcohol

# 2. OMEGA-3 FATTY ACIDS

## Common Symptoms:

- Dry skin, dull hair
- Brain fog, poor memory
- Mood swings, anxiety
- Joint pain, stiffness
- Inflammation (PCOS, weight gain)
- Hormonal imbalance
- Poor recovery post workout

## Best Food Sources:

### Vegetarian:

- Flaxseeds (best daily option)
- Chia seeds
- Walnuts
- Hemp seeds

### Other Sources:

- Mustard oil (small amounts)

### Non-Vegetarian:

- Fatty fish: Salmon, sardines, mackerel
- Fish oil supplements (if needed)

## Absorption Boosters:

- Combine with fats (don't eat dry seeds)
- Grind flaxseeds for better absorption

## What Blocks / Reduces Omega-3:

- High omega-6 oils (refined oils)
- Processed food

# 3. VITAMIN B12

## Common Symptoms:

- Fatigue, weakness
- Pale skin
- Tingling in hands and feet
- Brain fog, memory loss
- Mood swings / depression
- Hair fall
- Anemia

## Best Food Sources:

### Non-Vegetarian (Primary

#### Source):

- Eggs (especially yolk)
- Chicken
- Fish
- Liver (richest source)

### Vegetarian (Limited):

- Dairy: Milk, curd, paneer
- Fortified foods (cereals, nutritional yeast)

#### **Important Note:**

Vegetarians are highly prone to deficiency → supplementation often needed.

## Absorption Boosters:

- Good stomach acid
- Healthy gut lining

## What Blocks Absorption:

- Antacids / acidity meds
- Gut issues
- Low intrinsic factor

# 4. IRON

## Common Symptoms:

- Fatigue, weakness
- Pale skin & Hair fall
- Breathlessness
- Cold hands and feet
- Dizziness
- Brittle nails
- Low immunity
- Heavy periods (in women)

## Best Food Sources:

### Vegetarian (Non-heme iron):

- Spinach, bathua, amaranth
- Lentils: Moong, masoor, chana
- Rajma, chole
- Pumpkin seeds, sesame seeds
- Jaggery (in moderation)

### Non-Vegetarian (Heme iron – better absorbed):

- Chicken liver
- Eggs
- Chicken

## Absorption Boosters:

- Vitamin C (VERY IMPORTANT)
- Lemon, amla, orange
- Always combine (e.g., dal + lemon)

## What Blocks Absorption:

- Tea/coffee after meals
- Phytates (soaking helps)
- Calcium (milk with iron foods)

# 5. PROTEIN

## Common Symptoms:

- Muscle loss & Weakness
- Hair thinning
- Brittle nails
- Frequent infections
- Slow recovery
- Poor wound healing
- Increased cravings
- Low metabolism

## Best Food Sources:

### Vegetarian:

- Dal (moong, masoor, arhar)
- Chickpeas, rajma
- Tofu, paneer, curd
- Quinoa
- Nuts & seeds

### Non-Vegetarian:

- Eggs (best + affordable)
- Chicken
- Fish

### Smart Combinations:

- Dal + rice
- Roti + chana
- Hummus + roti

## Absorption Boosters:

- Good digestion (no bloating)
- Digestive spices (jeera, ajwain, hing)

## What Blocks Absorption:

- Poor gut health
- Overeating protein (causes acidity)

At our clinic, we don't just focus on symptoms or food sources. We go deeper—working on improving nutrient absorption, gut health, and correcting the root cause of deficiencies for long-term results.



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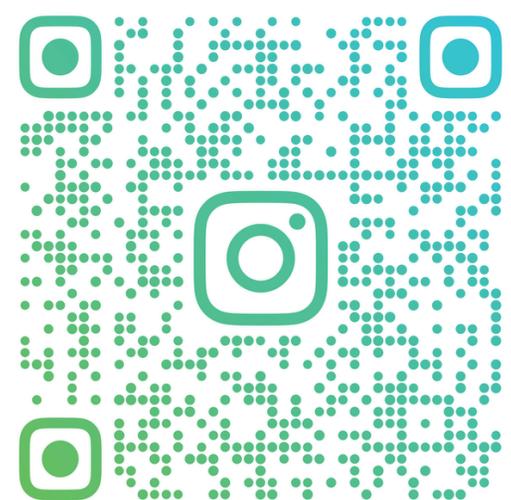
If you're looking for a personalised nutrition plan tailored to your body, you can get in touch with us.

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