



common nutritional deficiencies



Though certain nutritional deficiencies are fairly common, if you eat a well-balanced diet with a high variety of foods, **you are likely not nutrient deficient.** If you suspect you may have a nutritional deficiency, whether from diet or gut absorption issues, **talk with your doctor** about your symptoms. Consult your doctor before taking any new nutrient supplements or drastically changing your diet, especially if you have **medical dietary restrictions.**

Calcium

Your body needs calcium to build strong **bones and teeth**, and to make your **heart, nerves, and muscles** work properly.

Dairy products, boned fish (like sardines), and dark green veggies are good sources of calcium.



Iodine

Iodine is critical for promoting **thyroid** health and **hormone regulation.** Thyroid hormones help keep your **bones and brain** healthy.

Dairy products, fish, eggs, and seaweed (seaweed salad or dried seaweed snacks) are all good sources of iodine.



Vitamin D

Vitamin D helps absorb calcium, so it helps strengthen **bones.** It's also important for your **immune system and muscles.**

Fish oil, fatty fish (salmon, sardines, etc.), and eggs (specifically the yolk, are good sources of Vitamin D.



Iron

Iron is a key building material in your **red blood cells**, and is used to help **deliver oxygen** to your cells.

Iron comes in two dietary forms. Heme iron is easily absorbed by your body, and non-heme iron is not as easily absorbed.

Red meat and shellfish are good sources of heme iron while beans, seeds, and dark leafy greens are good sources of non-heme iron.



Vitamin B12

Vitamin B12 helps your **blood, brain, & nerves** function properly. B12 is not found in plant-based foods and only comes from animal products. If you are **vegan or vegetarian**, discuss your B12 levels with your doctor.

Dairy products, meat, eggs, and shellfish are good sources of Vitamin B12



Magnesium

Magnesium is crucial for **bone, brain, digestion, heart, & immune system** health.

Whole grains, nuts, dark leafy greens, and even dark chocolate are good sources of magnesium.



Vitamin A

Vitamin A helps to keeps your **bones, skin, vision, & immune system** healthy.

Fish liver oil (and other types of liver), sweet potatoes, carrots, and dark leafy greens are good sources of Vitamin A.



Nourish yourself!

Love, **BREATHE**
CENTER



more information at...

healthline

Information for this graphic was sourced from Healthline's 2023 article, "7 nutrient deficiencies that are incredibly common," by Adda Bjarnadottir, MS, RDN.

Bjarnadottir, A. (2023, June 23). 7 nutrient deficiencies that are incredibly common. Healthline.
<https://www.healthline.com/nutrition/7-common-nutrient-deficiencies>

contact the BREATHE Center at

asthmaresearch@jhmi.edu

410-955-1530



BREATHE
CENTER

BRIDGING RESEARCH, LUNG HEALTH & THE ENVIRONMENT