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| --- | --- | --- |
| **Nutrient** | **Deficiency Condition or Symptoms** | **Food Sources** |
| Vitamin B Complex |  |  |
| Vitamin B12 |  |  |
| Fiber |  |  |
| Protein |  |  |
| Vitamin A |  |  |
| Vitamin D |  |  |
| Vitamin K |  |  |
| **Nutrient** | **Deficiency Condition** | **Food Sources** |
| Vitamin C |  |  |
| Thiamin |  |  |
| Niacin |  |  |
| Calcium |  |  |
| Sodium, Chloride, Potassium(As a team) |  |  |
| Iron |  |  |
| Iodine |  |  |