

Foods to Fix Common Deficiencies

18 Nutrient Gaps and the Everyday Foods That Help Close Them

Before reaching for a supplement, it's worth checking if your plate is missing the food, not just the pill. This guide pairs 18 common nutrient deficiencies with an everyday food that helps close the gap, colour-coded by nutrient type (vitamin, mineral, or macronutrient), along with why it works.

Colour Key

Vitamin	Mineral	Macro
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The 18 Deficiencies & Foods

Deficiency	Type	Best Food	Why It Helps
1. Low Biotin (B7)	Vitamin	Almonds	Biotin supports healthy hair, skin, and nails; almonds are one of the better plant sources.
2. Low Vitamin C	Vitamin	Guava	Guava contains even more vitamin C gram-for-gram than most citrus fruits, supporting immunity and collagen production.
3. Low Zinc	Mineral	Pumpkin Seeds	Zinc supports immune function and wound healing; pumpkin seeds are one of the richest plant sources.
4. Low Vitamin E	Vitamin	Sunflower Seeds	Vitamin E is a key antioxidant for skin and cell protection; sunflower seeds are among the richest food sources.
5. Low Iron	Mineral	Spinach (Palak)	Iron supports oxygen transport in the blood; pair spinach with vitamin C (like lemon) for better absorption.
6. Low Protein	Macro	Eggs / Soya Chunks	Both are affordable, complete protein sources that support muscle repair and overall body function.
7. Low Fibre	Macro	Chia Seeds	Chia forms a gel-like fibre when soaked, supporting digestion and steadier blood sugar.
8. Low Calcium	Mineral	Dried Figs (Anjeer)	One of the richest non-dairy calcium sources, useful for bone health, especially for those who limit dairy.
9. Low Vitamin D	Vitamin	Mushrooms / Egg Yolk	Sun-dried mushrooms and egg yolks are among the few natural food sources of vitamin D.
10. Low Vitamin B12	Vitamin	Curd / Milk	B12 is essential for nerve function and red blood cell production; dairy is a reliable source for vegetarians.
11. Low Magnesium	Mineral	Dark Chocolate (70%+)	Magnesium supports muscle and nerve function and sleep quality; dark chocolate is a surprisingly good source.

Deficiency	Type	Best Food	Why It Helps
12. Low Omega-3	Macro	Walnuts / Flax Seeds	Both are strong plant-based omega-3 sources, supporting brain and heart health.
13. Low Potassium	Mineral	Banana	Potassium supports muscle function and healthy blood pressure; bananas are an easy, portable source.
14. Low Folate (B9)	Vitamin	Methi (Fenugreek) Leaves	Folate supports cell growth and is especially important for women of reproductive age; leafy greens are rich sources.
15. Low Vitamin A	Vitamin	Carrots / Sweet Potato	Both are rich in beta-carotene, which the body converts to vitamin A for eye and skin health.
16. Low Selenium	Mineral	Brazil Nuts	Just 1-2 Brazil nuts a day provide enough selenium to support healthy thyroid function.
17. Low Vitamin K	Vitamin	Broccoli	Vitamin K supports healthy blood clotting and bone health; broccoli is one of the better everyday sources.
18. Low Copper	Mineral	Cashews	Copper supports iron absorption and energy production; cashews are a convenient dietary source.

Note: Food-based fixes work best for mild, everyday nutritional gaps. If you have a confirmed deficiency through blood work, please follow your doctor's specific treatment plan alongside these dietary changes rather than self-diagnosing or self-treating.