

National Nutrition week 1 - 7 September, 2025

“Eat Right for a Better Life”

Day 1

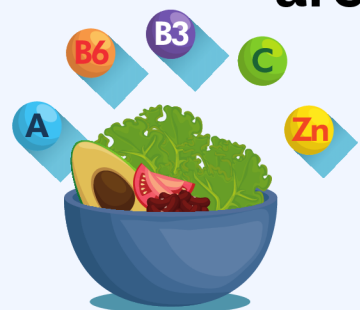
Nutrition Week in India is observed to raise awareness about the widespread prevalence of nutrient deficiencies.

This promotes education and actions toward improving nutritional status, preventing deficiency-related diseases, and ensuring a healthier future.

Today's focus **VITAMINS**

Vitamins are organic compounds essential in small amounts for normal metabolic functions, which the body cannot synthesize sufficiently and must obtain from the diet.

There are 4 fat-soluble and 9 water-soluble vitamins. While all of them are crucial for optimal health, deficiencies in certain vitamins are prevalent in the general population.



swipe >>>

Vitamin A

Prevalence of deficiency

Every 2 out of 10 people suffer from the deficiency of Vitamin A



Symptoms of Deficiency

- ✓ Severe deficiency in body causes Night blindness, Corneal damage
- ✓ Low levels in the body leads to
 - Dry skin and eyes
 - Delayed growth
 - Infertility
 - Impaired immunity

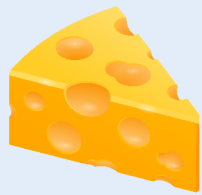
Rich sources of Vitamin A



Leafy vegetables



Carrots



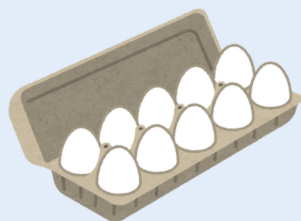
Cheese



Pumpkin



Sweet potato



Eggs (Yolk)



Mangoes



Milk

Plants provide
vitamin A as
carotenoids, which
the body converts to
active vitamin A



Vitamin D

Prevalence of deficiency

Every 6 out of 10 people suffer from the deficiency of Vitamin D



Symptoms of Deficiency

- ✓ Severe deficiency in the body causes Rickets in children and Osteomalacia in adults
- ✓ Low levels in the body leads to
 - Bone pain or tenderness
 - Muscle weakness
 - Increased risk of fractures
 - Depression, and difficulty in healing wounds

Seasonal depression affects many during winter, primarily due to reduced sunlight exposure and consequent low vitamin D levels.

Rich sources of Vitamin D



Sun light



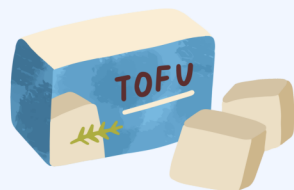
Mushrooms



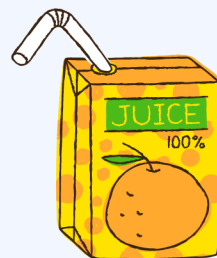
Fortified Soy milk



Fortified Yogurt



Fortified Tofu



Fortified Juices



Vitamin B9

Prevalence of deficiency

Nearly 3 out of 10 people suffer from the deficiency of Vitamin B9



Symptoms of Deficiency

- ✓ Severe deficiency in the body causes a condition called Megaloblastic anemia
- ✓ Low levels in the body leads to
 - Fatigue and extreme tiredness
 - Muscle weakness
 - Pins and needles sensation (paresthesia)
 - Weight loss and lack of energy

It's nicknamed the "book binder" of life because it helps glue DNA together during cell division.

Rich sources of Vitamin B9



Leafy vegetables



Nuts and seeds



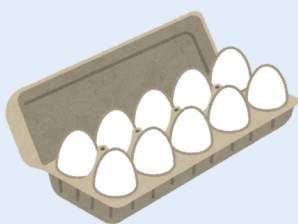
Cheese



Legumes



Citrus fruits



Eggs (Yolk)



Broccoli



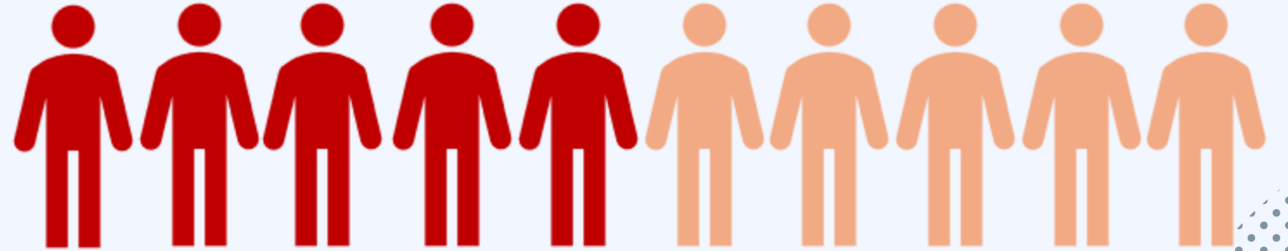
Milk



Vitamin B12

Prevalence of deficiency

Nearly 5 out of 10 people suffer from the deficiency of Vitamin B12



Symptoms of Deficiency

- ✓ Severe deficiency in body causes nerve damage and neurological disorders
- ✓ Low levels in the body leads to
 - Fatigue, weakness, and feeling tired
 - Shortness of breath and rapid heartbeat
 - Headaches and dizziness
 - Digestive problems

Rich sources of Vitamin B12



Nori (Sea weed)



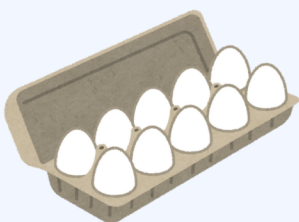
Cheese



Shiitake mushrooms



Milk



Eggs (Yolk)



Yogurt



Fortified Soy milk

It's the only vitamin
made by bacteria—
neither plants nor
animals can
produce it!





References

- ✓ Indian Council of Medical Research - National Institute of Nutrition. (2024). Dietary guidelines for Indians (24th ed.).
- ✓ Indian Council of Medical Research - National Institute of Nutrition. (2020). A brief note on nutrient requirements for Indians.
- ✓ Lakshmy, R. (2025). Micronutrient status of Indian population. Indian Journal of Medical Research, 161(5), 548-559
- ✓ Penckofer, S., Kouba, J., Byrn, M., & Estwing Ferrans, C. (2010). Vitamin D and depression: Where is all the sunshine? Issues in Mental Health Nursing, 31(6), 385–393.
- ✓ Singla, R., Bhatia, V., & Malhotra, V. (2018). Vitamin B12 deficiency is endemic in Indian population: A review. Indian Journal of Pediatrics, 85(10), 863-871.
- ✓ Venkatesh U, Sharma A, Ananthan VA, Subbiah P, Durga R. Micronutrient's deficiency in India: a systematic review and meta-analysis. Journal of Nutritional Science. 2021

