



National Nutrition Week

1 - 7 September, 2025

“Eat Right for a Better Life”

Day 2

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

MINERALS

Minerals are inorganic elements, essential for normal physiological functions such as building bones, regulating heartbeat, and supporting enzymes and hormones.

They are classified into two categories based on the amount needed by the body: Macronutrients (Ca, Na,..) and Micronutrients (Zn, Fe,..)

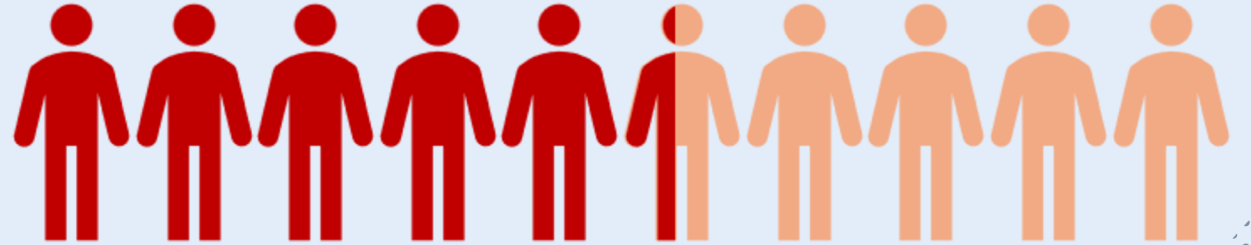
swipe



Iron (Fe)

Prevalence of deficiency

About half of our population suffers from the deficiency of Iron



Symptoms of Deficiency

- ✓ Severe deficiency in the body leads to Iron Deficiency Anemia (IDA)
- ✓ Low levels in the body causes
 - Shortness of breath
 - Headache
 - Extreme fatigue
 - Prolonged deficiency: brittle nails and pale skin

Rich sources of Iron



Pumpkin seeds



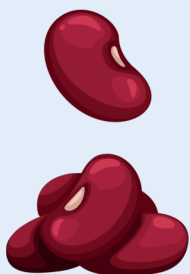
Lentils



Spinach



Chickpeas



Kidney beans



Tofu



Quinoa



Sesame

Cooking in cast iron pans can add a little bit more iron in food



Zinc (Zn)

Prevalence of deficiency

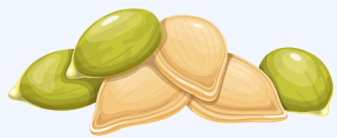
About one third of the Indian population suffers from the deficiency of Zinc



Symptoms of Deficiency

- ✓ Severe deficiency in body leads to impaired immune system, delayed growth
- ✓ Low levels in the body causes
 - Alopecia (hair loss)
 - Delayed wound healing
 - Skin lesions
 - Cognitive impairments

Rich sources of Zinc



Pumpkin seeds



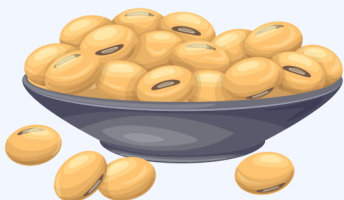
Lentils



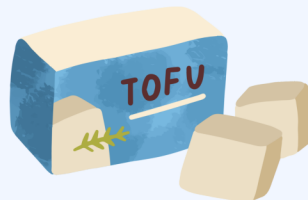
Peas



Chickpeas



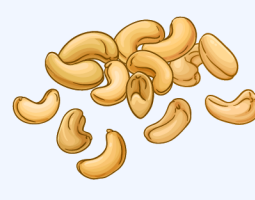
Soya beans



Tofu



Sunflower



Cashews

**Zinc deficiency
can make a tasty
food feel bland
and metallic**



Calcium (Ca)

Prevalence of deficiency

About 7 out of 10 people suffer from the deficiency of Calcium



Symptoms of Deficiency

- ✓ Severe deficiency of Calcium in body leads to Hypocalcemia
- ✓ Low levels in the body causes
 - Muscle cramps
 - Tooth decay
 - Fatigue
 - Numbness and tingling

Rich sources of Calcium



Ragi



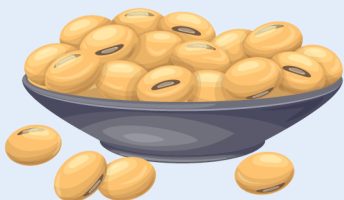
Amaranthus



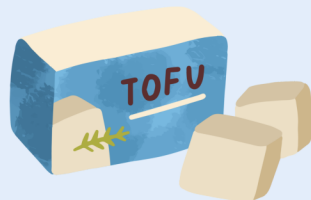
Broccoli



Chickpeas



Soya beans



Tofu



Chia seeds



Milk

**Ragi contains
more calcium
than milk does!**





References

- ✓ Gibson, R. S. (2012). Zinc deficiency and human health: Etiology, health consequences, and future solutions. *Plant and Soil*, 361(1-2), 291-299.
- ✓ 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*.
- ✓ Jayant, T. (2018). Iron deficiency anemia and its major causes: A literature review. *International Journal of Creative Research Thoughts (IJCRT)*, 6(1), 983-1003.
- ✓ Shlisky, J., et al (2022). Calcium deficiency worldwide: prevalence of inadequate intakes and associated health outcomes. *Annals of the New York Academy of Sciences*, 1512(1), 10-28.

