**Component of Food**

**Deficiency diseases**

Diseases occurring due to lack of nutrients over a long period of time are called **Deficiency diseases**. For e.g. lack of iodine in diet causes goiter.

Protein deficiency- If a person does not get enough proteins in his/her food for a long time, he/she is likely to have stunted growth, swelling of face, discolouration of hair, skin diseases and diarrhoea**. Marasmus and Kwashiorkor** are protein deficiency diseases.

Below is a table discussing the deficiency diseases with their symptoms.

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| --- | --- | --- | --- |
| **Vitamin/**  **Mineral** | **Deficiency**  **disease/ disorder** | **Symptoms** | **Image** |
| **Vitamin A** | **Poor vision** | **The vision is lost in dark or may get lost completely.** | **http://www.modernhomoeopathy.com/images/tubaid2.jpg** |
| **Vitamin**  **B1** | **Beriberi** | **The muscles become weak and hence very less energy is left to do work.** | **http://upload.wikimedia.org/wikipedia/commons/4/40/COLLECTIE_TROPENMUSEUM_Beri-beri_behandeling_met_Fanks_base_uit_20_kg._rijstafval_TMnr_10006756.jpg** |
| **Vitamin C** | **Scurvy** | **The gums become weak and bleed.** | **[http://t0.gstatic.com/images?q=tbn:ANd9GcRacpCi_ZWpmH3Fuy47gayi-FXnuhVUa5DvspssGBLSn92Hg3HpbgcoWSE](http://www.google.co.in/imgres?imgurl=http://1.bp.blogspot.com/_vzMXlfzgosE/TBWgXTtAFfI/AAAAAAAADfI/9QIuaOrLKFQ/s1600/gingival+hemorrhage.jpg&imgrefurl=http://health-care-you.blogspot.com/2009/08/diseases-of-vitamin-deficiencyscurvy.html&usg=__ZGKobXZ7GLYNlL7Oqk2KFInBwDg=&h=257&w=400&sz=23&hl=en&start=22&zoom=1&tbnid=LQVYf8viNw2IlM:&tbnh=80&tbnw=124&ei=tCj1T7DtG8PyrQer2dzbBg&prev=/search?q=Deficiency+diseases&start=20&um=1&hl=en&sa=N&gbv=2&tbm=isch&um=1&itbs=1)** |
| **Vitamin D** | **Rickets** | **The bones get affected. They become soft and twisted.** | **[http://t2.gstatic.com/images?q=tbn:ANd9GcRXldWZpRXb7PLzNwjOG6QIEfWSGyTlLtAoCApjq6tYVpLkyrzsNDiBbp4K](http://www.google.co.in/imgres?imgurl=http://www.freegrab.net/ricketsopti.jpg&imgrefurl=http://www.freegrab.net/vitad.htm&usg=__oXPjjjeHnqy5inJyqmNvOkXnToU=&h=613&w=318&sz=13&hl=en&start=51&zoom=1&tbnid=nYsOuYJ1BoIWxM:&tbnh=136&tbnw=71&ei=5Sj1T6GcBou0rAeKvvDOBg&prev=/search?q=Deficiency+diseases&start=40&um=1&hl=en&sa=N&gbv=2&tbm=isch&um=1&itbs=1)** |
| **Calcium** | **Bone and tooth**  **Decay** | **Leads to tooth decay.** |  |
| **Iodine** | **Goiter** | **The gland in the neck region swells.** | **[http://t2.gstatic.com/images?q=tbn:ANd9GcSOa9WPaR3lLswhPR5fqBP5pgipfMxKbQJWd3WCdFIWHd465zVHem5tnBg](http://www.google.co.in/imgres?imgurl=http://www.thachers.org/images/endemic_goiter.jpg&imgrefurl=http://www.thachers.org/internal_medicine.htm&usg=__8-Xy5dLF-SetKZ5fJ6ZffXXi644=&h=852&w=616&sz=48&hl=en&start=1&zoom=1&tbnid=BvjeSTRSN6XaRM:&tbnh=145&tbnw=105&ei=MX31T6jODYLjrAfc47THBg&prev=/search?q=goiter&um=1&hl=en&sa=N&gbv=2&tbm=isch&um=1&itbs=1)** |
| **Iron** | **Anaemia** | **The blood lacks iron and there is weakness in the whole body.** | **[http://t3.gstatic.com/images?q=tbn:ANd9GcTP889i7AAVeGZ_hbJVTkwYbZ2sCgqR_m9WA4t-77keRPkQLYQVydGy6w](http://www.google.co.in/imgres?imgurl=http://yousigma.com/health/anaemia1.jpg&imgrefurl=http://yousigma.com/health/anaemia.html&usg=__Av0PdsjHvf3rYyyfwm866tdaqRc=&h=115&w=180&sz=7&hl=en&start=14&zoom=1&tbnid=qiW_NyZjV6Nl0M:&tbnh=65&tbnw=101&ei=yyf1T7v7KsnmrAeM_IjCBg&prev=/search?q=what+is+anaemia+disease&um=1&hl=en&sa=N&gbv=2&tbm=isch&um=1&itbs=1)** |