**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** |
| **Vitamin D** | **Rickets**  | **The bones get affected. They become soft and twisted.** | **http://t2.gstatic.com/images?q=tbn:ANd9GcRXldWZpRXb7PLzNwjOG6QIEfWSGyTlLtAoCApjq6tYVpLkyrzsNDiBbp4K** |
| **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** |
| **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** |