




## 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.

Vitamin/ Mineral	Deficiency disease/ disorder	Symptoms	Image
Vitamin A	Poor vision	The vision is lost in dark or may get lost completely.	
Vitamin B1	Beriberi	The muscles become weak and hence very less energy is left to do work.	
Vitamin C	Scurvy	The gums become weak and bleed.	

Vitamin D	Rickets	The bones get affected. They become soft and twisted.	
Calcium	Bone and tooth Decay	Leads to tooth decay.	
Iodine	Goiter	The gland in the neck region swells.	
Iron	Anaemia	The blood lacks iron and there is weakness in the whole body.	