

# Diseases Caused by Deficiency of Minerals



## Mineral Deficiency Diseases

### 1. Goitre

- A. It is caused due to the deficiency of iodine.
- B. It results in swelling in the neck region.
- C. A balanced diet, exercise, proper rest, and hygiene can keep us healthy and fit.
- D. In this disease thyroid glands near neck region get swelled.
- E. It is prevented by the intake of iodized salt and sea food.



### 2. Anaemia

- A. It is caused by the deficiency of red blood cells.
- B. The symptoms of Anaemia are headache, dark patches under eyes, weakness and fatigue.
- C. The level of hemoglobin in the blood becomes low.
- D. So, the blood does not carry enough oxygen.
- E. The affected person gets tired quickly.
- F. Spinach, green leafy vegetables, apple, banana and jaggery are rich in Iron so eat them.

