

# Learn the Secrets of Nutrition

Health and nutrition are closely related. It is possible to get the most nutrients through a balanced diet. However, the typical modern diet lacks of several efficient nutrients such as iron, calcium, potassium, magnesium, vitamin A, vitamin B12 and vitamin D. If our bodies don't absorb an adequate amount of nutrients, it may cause a variety of symptoms related to cardiovascular disease and diabetes. Thus, we should clearly understand different types of nutrients and how to consume them properly.

## Role of Nutrients

Nutrients are essential and play a critical role in supporting the function of the body.

**Iron:** Carries oxygen from the lungs and transports through the blood to every cell of the body.

**Calcium:** Helps with blood clotting and builds strong bones and teeth.

**Potassium:** Helps lower blood pressure by balancing out the negative effects of sodium.

**Magnesium:** Contributes to the structural development of bone and required for the synthesis of DNA and RNA.

**Vitamin A:** Supports cell growth and maintains the function of the heart, lungs and kidneys.

**Vitamin B12:** Required for proper red blood cell formation and DNA synthesis.

**Vitamin D:** Promotes calcium absorption in the gut and maintains calcium and phosphate to enable mineralization of bone.

## Why deficiency?

Nutritional deficiency occurs when the body doesn't absorb adequate amounts of nutrients. The most common reason lead to nutrient deficiency is related to **POOR DIET**- lacking variety, color and nutrient density.

## Side effects/symptoms of nutrients deficiency

**Iron:** Anemia, headaches, heart palpitation, restless legs, fatigue, paleness

**Calcium:** Numbness, muscle cramps, lethargy, abnormal heart rhythms.

**Potassium:** Blood pressure increase, kidney stones risk, bone turnover, constipation, fatigue, muscle weakness

**Magnesium:** Loss of appetite, nausea, vomiting, fatigue, muscle contractions, cramps, abnormal heart rhythms

**Vitamin A:** Night blindness, dry skin

**Vitamin B12:** Megaloblastic anemia, fatigue, weakness, constipation, loss of appetite, Weight loss

**Vitamin D:** Poor bone health, rickets, osteoporosis

| Nutrients   | Food sources with high per servings   |
|-------------|---|
| Iron        | Liver, beef, oysters, sardines, dark leafy vegetables, lentils, tofu, cashew nuts, fortified cereals                  |
| Calcium     | Yogurt, mozzarella, sardines, cheddar cheese, nonfat milk, orange juice, tofu, soy milk                               |
| Potassium   | Legumes, potatoes, meat, poultry, fish, milk, yogurt, nuts, apricots, prunes, squash                                  |
| Magnesium   | Whole grains, dark-green vegetables, low fat milk, yogurt, soy beans, baked beans, lentils, peanuts, almonds, cashews |
| Vitamin A   | Yellow, orange fruits, dark green leafy vegetables, cantaloupe, fish, liver, carrots, apricots, sweet potato          |
| Vitamin B12 | Liver, meat, milk, egg, salmon, clams, cheese   |
| Vitamin D   | Egg yolk, fortified milk, salmon, tuna, mackerel, fish liver oils   |



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