|  |  |  |
| --- | --- | --- |
| **Nutrient** | **Deficiencies** | **Excess** |
| **Visible Signs (you can see it)** | **Non Visible signs (you cannot see it)** | **Visible Signs (you can see it)** | **Non Visible signs (you cannot see it)** |
| **Protein** |  |  |  |  |
| **Carbohydrates** |  |  |  |  |
| **Fat** |  |  |  |  |
| **Vitamin A** |  |  |  |  |
| **Vitamin C** |  |  |  |  |
| **Vitamin D** |  |  |  |  |
| **Vitamin E** |  |  |  |  |
| **Vitamin K** |  |  |  |  |
| **Vitamin B12** |  |  |  |  |
| **Vitamin B1** |  |  |  |  |
| **Vitamin B2** |  |  |  |  |
| **Vitamin B3** |  |  |  |  |
| **Vitamin B9** |  |  |  |  |
| **Iron** |  |  |  |  |
| **Calcium** |  |  |  |  |
| **Sodium** |  |  |  |  |
| **Fluoride** |  |  |  |  |
| **Iodine** |  |  |  |  |