



Are you Nutritionally Healthy?

Deficiencies in nutrients like iron, zinc, calcium, magnesium, some B's and vitamin D are common in women and they affect how we look and feel. All these symptoms/signs are our body's way of telling us that all is not well. So take a look at this worksheet and tune into your body's voice. Realising you may be short on nutrients is the first step finding out if you are nutritionally healthy.

Check the box if you have noticed any of these signs or symptoms

Tick	Sign or symptoms	Possible causes
	Skin and Hair Problems	
	Excessively dry skin	Low in EFA's, vit A & E
	Wrinkles	Low in Antioxidants, A,C,E, selenium & zinc
	Cracking at the corners of your mouth	Low in iron, Vit B's, Candida infection
	Excessive peeling and cracking of lips	Low B12
	Red oily skin at the sides of the nose	Low B2, B6, zinc
	Combination oily-dry skin	Low B vit, zinc
	Persistent dandruff	Low biotin, EFA's
	Excessive skin itching	Low vit. A, B's, C & D
	Eczema	Low Omega 6 EFA
	Red, scaly skin in sun-exposed areas	Low Vit. B3
	Psoriasis	Low B's, zinc, & EFA's
	Acne	Low zinc
	Rough, red, pimply skin on upper arms or thighs	If severe, low mixed vit & EFA's
	Poor hair growth, thinning hair, hair loss	Low iron, C
	Other Symptoms	
	Food cravings	Chromium deficiency
	Fatigue	Anaemia, under-active thyroid, low magnesium or vit B's
	Pale appearance	Anaemia, iron or folate low, vit B12 low
	Recurrent mouth ulcers	Low iron or folate, Vit B12, L-lysine



Are you Nutritionally Healthy? continued

Tick	Sign or symptoms	Possible causes
	Sore, bleeding gums	Low vit C
	Depression, low mood, low libido, anxiety, PMS	Low in B's, vit D, magnesium, and EFA's
	Split, brittle, flattened, or upturned nails	Low Iron
	Ridged nails, white spots on nails	Low Iron, zinc
	Loss of sense of taste	Low zinc
	Poor appetite	Low zinc, iron, vit B's
	Poor night vision	Low vit A, zinc
	Aching joints, muscle pain and cramps	Low magnesium, potassium, sodium, vit B1, vit D, calcium
	Palpitations	Low potassium, magnesium, Anaemia
	Restless legs	Low iron, folate, magnesium
	Numbness and tingling in hands, arms, or feet	Low in vit B's, folate, EFA's
	Painful periods	Low magnesium, EFA's, excessive refined sugar
	Irregular periods	Underweight, low protein, excessive alcohol
	Excessive sweating	Low estrogen, Vit D

Analysis

If you didn't check any of these issue, your a superstar! You are probably in good nutritional shape.

If you checked more than 8-12, your not doing too bad, but there are some issues you need to address. Try making your diet more nutrient dense or supplement for your specific issues.

If you checked more than 12, you need to make some fairly major changes to your diet and seek some help on recommended supplements to get you on your feet.

Do you need help?

If you check more than 8 and you'd like some help reach out to one of our qualified Nutritionists at New Habits Nutrition. Mention this quizz and get 15% off your first purchase.

[New Habits Nutrition](http://NewHabitsNutrition.co.nz)

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