

Nut- rient	Biomarkers of Exposure	Biomarkers of status	Functional: biomarkers*	Adverse Clinical outcomes
Folate	Dietary folate equivalents	Serum folate; RBC folate: MBA method	Plasma homocysteine	Megaloblastic anemia
Iodine	Salt iodine	Urinary iodine	Thyroglobulin	Goitre
Iron	Bioavailable iron intakes	Ferritin; RBC proto-porphyrin; transferrin receptor; body Iron index	Currently no biomarker of brain Fe deficiency	Microcytic, hypochromic anemia
Vitamin A	Dietary vitamin A as retinol activity equivalents (RAE)	Retinol in plasma, DBS, & breast milk; Retinol binding protein in plasma or DBS	Modified relative dose response Dark adaptation Pupillary threshold test	Xerophthalmia Night blindness
Vitamin B-12	Dietary B-12 intake	Serum B12; Serum holoTC	Serum methylmalonic acid. Plasma homocysteine	Megaloblastic anemia
Zinc	Dietary Zn intakes; Absorbable Zn	Serum zinc	Impaired linear growth	Stunting