**Why Vitamins and Minerals are essential for a healthy diet?**

Every day we think about food, what to eat and what no to. In any case, it is hard to maintain a good diet. While some foods are healthier than others, not all contain essential vitamins and minerals. These micronutrients are present in tiny amounts to maintain the body immunity. It is often hard to balance the number of nutrients as consuming too much of a single one can be harmful to the body. You can check for nutrition deficiencies with a blood test. If you lack a nutrient, you might need to take a supplement.

**Here are the most common vitamin deficiencies:**

When you have unpleasant symptoms, it is the body's way of communicating potential vitamin and mineral deficiencies. When you recognize these symptoms, you can improve your diet accordingly.

**Iron deficiency**

Iron is a mineral used to make red blood cells. Some of the symptoms of iron deficiency include weakness, tiredness, dizziness, shortness of breath, heart palpitations, headaches, dry damaged Hair, and Skin.

**Vitamin D deficiency**

Vitamin D helps the body to maintain bone and muscle health. Lack of vitamin D may cause tiredness, weak bones (risk of osteoporosis long-term), and muscle pain. Here in the UK, people who have very little or no exposure to sunshine are more likely to have this deficiency.

**Folate (vitamin B9) deficiency**

Vitamin B12 or B9 (commonly called folate) deficiency causes the body to create large abnormal red blood cells that cannot function properly. Lack of these vitamins can cause a lack of energy, sore and red tongue, mouth ulcers, muscle weakness, psychological problems, which may include depression and problems with memory.

The food you eat affects your daily health. Therefore, for a healthy lifestyle, you must maintain a good diet along with some physical activity. A healthy diet might help you lose unwanted fat and promote your overall health. Eating healthy can help avoid, delay, or manage heart disease, type 2 diabetes, and other chronic diseases.

Eating unhealthy foods can cause obesity and opens the door for other chronic conditions, such as type 2 diabetes, high blood pressure, osteoporosis, hypertension. Adults usually follow the same dietary habits from childhood. Therefore, it is necessary to make children eat healthy foods right from the start.

**When to take a supplement**

Most people get the nutrition from the food they eat. Therefore, if you are healthy without deficiencies then avoid taking supplements. You must check your vitamin and mineral levels with a blood test. If your nutrient level is low, you can eat foods rich in these nutrients or take supplements.

**Vitamin D supplements**

During autumn and winter (October to March), Public Health England advises daily intake of ten micrograms of vitamin D to help keep the bones, teeth, and muscles healthy. If you do not get much sunlight, then it is recommended that you take a supplement daily.

**Vitamin B12 supplements**

Following a vegan or vegetarian diet can cause a vitamin B12 deficiency. All vegans must ensure they have an adequate intake of B12 from fortified foods or supplements.

**Folic acid supplements**

To avoid birth defects in a baby's brain and spine, the CDC urges women of reproductive age to take 400 micrograms (mcg) of folic acid every day.

We at Natures Healthcare in UK provide our customers with natural supplements that use high quality ingredients free of contaminants, fillers, and heavy metals. If you would like to know more about our natural supplements, call our customer care team at 020 39003577 or email us at care@natureshealthcare.co.uk