



# Micronutrient Deficiencies: How to Tell If You're Lacking.

## Description

Are you ensuring adequate intake of essential vitamins and minerals? It may surprise you to learn that micronutrient deficiencies are more prevalent than commonly believed and can have a significant impact on your well-being.

A recent publication in [The Lancet](#) suggests that over half of the global population is lacking essential nutrients in their diet.

## Key Findings of the Study

An extensive analysis across 31 countries allowed researchers to estimate the intake of 15 crucial nutrients for various demographic groups in 185 countries. This enabled them to gauge the global prevalence of nutrient deficiencies.

The study revealed that more than half of the worldwide population fails to meet the recommended levels of seven essential micronutrients:

- Iodine (68%)
- Vitamin E (67%)
- Calcium (66%)

Additionally, over 4 billion individuals may not be consuming sufficient levels of:

- Iron (65%)
- Riboflavin (55%)
- Folate (54%)
- Vitamin C (53%)

The study also highlighted gender disparities in nutrient intake, suggesting that women are more prone to deficiencies in iodine, vitamin B12, iron, and selenium, while men may have higher deficits in magnesium, vitamin B6, zinc, and other essential nutrients.

## Significance of the Findings

While acknowledging the study's estimations, which may have overestimated deficiencies, it brings attention to a critical global health issue. Even in developed nations, many individuals lack adequate levels of essential nutrients, with iron deficiency being particularly widespread.

Micronutrients, though required in small quantities, are vital for optimal health and metabolic function. Insufficient levels can increase the risk of chronic illnesses such as cancer, diabetes, and cardiovascular diseases. Adequate micronutrient intake also plays a crucial role in mental well-being and overall vitality.

Addressing micronutrient deficiencies is not just about disease prevention; it is essential for sustaining



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energy levels, supporting bodily functions, and safeguarding long-term health.

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## Vocabulary List:

1. **Micronutrient** /ˌmaɪ.kroʊˈnjuː.tri.ənt/ (noun): A type of nutrient required in small amounts for healthy growth and development.
2. **Deficiency** /dɪˈfɪ.ə.n.si/ (noun): A lack or shortage of something necessary.
3. **Prevalent** /ˈpreɪ.v.ə.lənt/ (adjective): Widespread or commonly occurring.
4. **Vital** /ˈvaɪ.təl/ (adjective): Absolutely necessary or important; essential.
5. **Chronic** /ˈkrɒn.ɪk/ (adjective): Persisting for a long time or constantly recurring.
6. **Significance** /sɪɡˈnɪf.ɪ.kəns/ (noun): The quality of being worthy of attention; importance.

## Comprehension Questions

### Multiple Choice

1. What percentage of the global population is lacking essential nutrients according to the Lancet publication?

- Option: 30%
- Option: 50%
- Option: 65%
- Option: 80%

2. Which of the following is NOT listed as one of the seven essential micronutrients for which more than half of the population fails to meet recommended levels?

- Option: Iodine
- Option: Vitamin E
- Option: Calcium
- Option: Vitamin C

3. According to the study, which gender is more prone to deficiencies in iodine, vitamin B12, iron, and selenium?

- Option: Men
- Option: Both genders equally
- Option: Women
- Option: No gender disparity



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4. Which chronic illnesses are mentioned to have an increased risk due to insufficient levels of micronutrients?

- Option: Alzheimer's disease and arthritis
- Option: Asthma and obesity
- Option: Cancer, diabetes, and cardiovascular diseases
- Option: Migraines and eczema

5. Why is addressing micronutrient deficiencies important according to the content?

- Option: Preventing short-term illnesses
- Option: Sustaining energy levels and supporting bodily functions
- Option: Psychological well-being only
- Option: Eliminating the need for vaccinations

6. What role do micronutrients play in metabolic function as per the content?

- Option: They have no impact on metabolic function
- Option: They are detrimental to metabolic health
- Option: They are essential for optimal health and metabolic function
- Option: They only affect physical appearance

### **True-False**

7. Micronutrient deficiencies are less prevalent than commonly believed.

8. Iron deficiency is widespread in developed nations.

9. Addressing micronutrient deficiencies is crucial only for disease prevention.

10. Insufficient levels of micronutrients can increase the risk of cardiovascular diseases.

11. Men are more prone to deficiencies in iodine compared to women according to the study.

12. The study mentioned in the content estimated deficiencies for 200 countries.

### **Gap-Fill**



13. According to the study, over \_\_\_\_\_ billion individuals may not be consuming sufficient levels of Iron.
14. The study revealed that more than half of the worldwide population fails to meet the recommended levels of \_\_\_\_\_ essential micronutrients.
15. The study highlighted gender disparities, suggesting that women are more prone to deficiencies in iodine, vitamin B12, iron, and \_\_\_\_\_.
16. Adequate micronutrient intake plays a crucial role in mental well-being and overall \_\_\_\_\_.
17. The study revealed that more than half of the worldwide population fails to meet the recommended levels of seven essential \_\_\_\_\_.
18. Even in developed nations, many individuals lack adequate levels of essential nutrients, with \_\_\_\_\_ deficiency being particularly widespread.

## Answer

**Multiple Choice:** 1. 50% 2. Vitamin C 3. Women 4. Cancer, diabetes, and cardiovascular diseases 5. Sustaining energy levels and supporting bodily functions 6. They are essential for optimal health and metabolic function

**True-False:** 7. False 8. True 9. False 10. True 11. False 12. False

**Gap-Fill:** 13. 4 14. seven 15. selenium 16. vitality 17. micronutrients 18. iron

## Vocabulary quizzes

**Multiple Choice ( Select the Correct answer for each question. )**

1. Which type of food is rich in nutrients relative to its calorie content?

Option: Junk food

Option: Nutrient-dense food



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- Option: Processed food  
Option: Fast food
2. What term is used to describe the concurrent use of multiple medications by a patient?
- Option: Mono-therapy  
Option: Polypharmacy  
Option: Antibiotics  
Option: Placebo effect
3. At what stage in a woman's life does menopause typically occur?
- Option: During teenage years  
Option: In the 30s  
Option: Late 40s to early 50s  
Option: 60s and above
4. What condition is characterized by a decrease in bone density and mass?
- Option: Anemia  
Option: Osteoarthritis  
Option: Osteoporosis  
Option: Rickets
5. Which term refers to essential nutrients required by the body in small quantities?
- Option: Macronutrient  
Option: Supernutrient  
Option: Micronutrient  
Option: Meganutrient
6. What is the unethical or unfair use of a person or group for one's own advantage called?
- Option: Optimization  
Option: Utilization  
Option: Exploitation  
Option: Benefaction
7. What term refers to the process of making or enacting laws?
- Option: Regulation  
Option: Authorization  
Option: Legislation  
Option: Permitting
8. Which term describes the state or quality of not being regular or consistent?
- Option: Uniformity  
Option: Consistency  
Option: Irregularities



Option: Stability

9. What word means of crucial importance in relation to the development or success of something else?

Option: Minor

Option: Insignificant

Option: Critical

Option: Pivotal

10. Which term refers to drugs that affect a person's mental state?

Option: Antibiotics

Option: Analgesics

Option: Psychotropic

Option: Antacids

**Gap-Fill ( Fill in the blanks with the correct word from the vocabulary list. )**

11. A \_\_\_\_\_ is someone who publicly supports or recommends a particular cause or policy.

12. \_\_\_\_\_ diseases are long-lasting conditions that can be controlled but not cured.

13. \_\_\_\_\_ is the state of being strong and active full of energy.

14. The flu is \_\_\_\_\_ during the winter months.

15. The medicine was effective in \_\_\_\_\_ the patient's pain.

16. Lack of sleep can lead to \_\_\_\_\_ existing health issues.

17. Doctors make \_\_\_\_\_ based on their examination and test results.

18. The artist's paintings were verified for their \_\_\_\_\_ before being placed for auction.

19. To work in the profession you need to obtain the necessary \_\_\_\_\_ first.

20. The researcher emphasized the \_\_\_\_\_ of the new findings in the field.

**Matching Sentences ( Match each definition to the correct word from the vocabulary list. )**

21. The teacher used interactive activities to make the lesson more interesting and .



22. Water is for the survival of all living organisms.
23. The company was found guilty of financial involving embezzlement of funds.
24. The candidate was selected for the job based on his qualifications and .
25. marks the end of a woman's reproductive years.
26. is the stage before menopause when a woman experiences hormonal changes.
27. The stock market showed unexpected throughout the week.
28. factors play a significant role in maintaining overall health.
29. Learning effective strategies can help manage stress levels.
30. Iron can lead to anemia if not addressed through proper nutrition.

## Answer

**Multiple Choice:** 1. Nutrient-dense food 2. Polypharmacy 3. Late 40s to early 50s 4. Osteoporosis  
5. Micronutrient 6. Exploitation 7. Legislation 8. Irregularities 9. Pivotal 10. Psychotropic

**Gap-Fill:** 11. Advocate 12. Chronic 13. Vitality 14. Prevalent 15. Alleviating 16. Exacerbating 17. Diagnoses  
18. Authenticity 19. Certification 20. Significance

**Matching sentence:** 1. Engaging 2. Vital 3. Fraud 4. Integrity 5. Menopause 6. Perimenopause 7. Fluctuation  
8. Dietary 9. Coping 10. Deficiency

## CATEGORY

1. Health - LEVEL6

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### Author

aimeeyoung99