Table of Nutrients Often Lacking in Diets of Scottish Teenagers

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| **Nutrient** | **What is it?** | **What is it needed for?** | **Where is it found?** |
| **Iron** | Mineral | Brain / mood, attention, blood, energy | Red meat (best source) lentils, some vegetables, breakfast cereals, bread |
| **Magnesium** | Mineral | Brain / mood, heart | Green veg (best source), cocoa, wholegrain cereals |
| **Zinc** | Mineral | Brain / attention, immune system, sleep, digestion | Meat, eggs, nuts, seeds, milk |
| **Folic Acid** | Water soluble Vitamin (B group) | Brain / mood, blood | Green vegetables, some breakfast cereals |
| **Vitamin D** | Fat soluble Vitamin | Bones, immune system, brain / mood | Sunshine\*, liver, oily fish |
| **Vitamin A** | Fat soluble Vitamin | Brain, heart, eyes | Most vegetables, some fruits, liver, oily fish, eggs, dairy products |
| **Omega 3** | Essential fat | Immune system, heart, brain / mood, sleep, eyes, skin, joints, lungs | Oily fish (Best source), walnuts, green vegetables |
| **Fibre**  | (not a “nutrient” but still important) | Healthy gut, control of blood sugar / mood heart | Fruit, vegetables, beans, lentils, nuts, wholemeal bread, oats |

Nutrients affecting the brain could have a variety of effects including:

* Prevention of depression, anxiety & aggression
* Improvement in concentration, co-ordination, reading skills, memory and sleep

\*One third of people in Scotland have too little vitamin D in their blood. Staying inside in summer makes us more likely to be deficient. Food can only provide a small amount.