

Vitamin Deficiency and Nail Health

Vitamin / Nutrient	Possible Nail Sign	Food Sources
Iron	Thin, spoon-shaped, or brittle nails	Red meat, spinach, lentils, fortified cereals
Biotin (B7)	Brittle, splitting, slow growth	Eggs, nuts, seeds, whole grains
Vitamin B12	Dark streaks, ridges, slow growth	Fish, poultry, dairy, fortified plant milks
Folate (B9)	Ridged or weak nails	Leafy greens, beans, citrus fruits
Zinc	White spots, weak nail growth	Pumpkin seeds, chickpeas, seafood
Protein	General thinning, soft nails	Eggs, chicken, beans, tofu, dairy