
The Blind-Spot Map

Redo it after about three months, and whenever you change how you eat (Chapters 1 and 13). Tick the lines that are true for you each time.

Date done: 1st _____ 2nd _____ 3rd _____

Line	Verdict if true	1st	2nd	3rd
I'm vegan, or eat eggs or dairy less than daily, and have no regular fortified or supplement B12 source	B12: Must do (Chapter 4)	☐	☐	☐
I rarely eat beans, tofu or tempeh; or I'm over 60	Protein: Keep an eye on (Chapter 5)	☐	☐	☐

Line	Verdict if true	1st	2nd	3rd
I’m a woman who still has periods, or I give blood regularly, or I often drink tea or coffee with meals	Iron: Keep an eye on (Chapter 6)	☐	☐	☐
I’m vegan, or over 60, or get little sun, or rarely have dairy or calcium-fortified foods	Bones, calcium, vitamin D: Keep an eye on (Chapter 7)	☐	☐	☐
My salt isn’t iodised (or I don’t know), and I don’t drink cow’s milk or iodine-fortified milk	Iodine: Keep an eye on (Chapter 8)	☐	☐	☐

Line	Verdict if true	1st	2nd	3rd
I’m vegan, or planning a baby	Omega-3: Keep an eye on (Chapter 8)	☐	☐	☐
Many of my meals are fried food, mock meats, plant-based sausages or burgers, white rice	Meal quality: Keep an eye on (Chapters 3 and 10)	☐	☐	☐
I worry about combining proteins at every meal, or that soy is bad for me	No need to worry (Chapters 3 and 9)	☐	☐	☐

The chapter I’ll read first:
