

Vitamin & Mineral Supplements

Taking a daily vitamin and mineral supplements is a common practice among Canadians, however healthy eating and eating a balanced diet is more important than taking antioxidants, vitamins & minerals in pill or powder form.

Healthy foods offer much more than supplements ever could. Some of the benefits you get by including healthy foods in your diet include . . .

VARIETY - you need over 50 nutrients daily for good health and eating a balanced diet will ensure that you get these nutrients.

FIBRE, carbohydrates, essential fatty acids & proteins are found in healthy foods and are **not** found in supplements

RESEARCH has shown that eating 5-10 servings of Fruits and Vegetables daily offers many health benefits (i.e., cancer protection, heart healthy)

ENJOYMENT - food tastes good!

There are times however when supplements are necessary. Lifestyles, life stages and health conditions can all affect a person's nutrient requirement. Supplements MAY be needed for the following conditions:

- Serious digestive disorders (i.e., Crohn's Disease)
- Poor appetites
- Women planning a pregnancy; pregnant women
- Osteoporosis
- Some vegans

Restrictive diets (i.e. due to allergies)

If any of those apply to you it's best for you to talk with your doctor or dietitian for advice.