

Health Minute™

Nature makes the best multivitamin

A daily multivitamin might sound like a good way to maintain health but how can you be sure your body can use all of those nutrients? Many of the vitamins and minerals contained within vitamin tablets pass through the body unused because they are not bioavailable. Bioavailable means that the nutrient actually makes it into the bloodstream and to the cell or tissue it is meant to help. How do you make sure you get the most bioavailable nutrients? Skip the vitamin bottle and eat the real thing. Eating a variety of fruits and vegetables is a much better way to get vitamins and minerals than any pill.



About vitamins and minerals	Vitamin-rich foods
<p>Vitamins and minerals have no calories.</p> <p>All vitamins and minerals can be found in foods.</p> <p>If your diet has too little of a vitamin or mineral over a long period of time, you will develop a deficiency.</p> <p>The best form of most vitamins and minerals is the kind you get from food.</p>	<p>Vitamin A and beta-carotene: pumpkin, squash, carrots, spinach, sweet potatoes, cantaloupes, dark leafy greens, and mangoes</p> <p>Vitamin C: citrus fruits, strawberries, bell peppers, cauliflower, broccoli, tomatoes, sweet potatoes, and asparagus</p> <p>Vitamin E: vegetable oil, almonds, whole grains, wheat germ, sweet potatoes, and yams</p>