



VITAMINS & MINERALS

→ *SUPPLEMENTS FOR ADULTS*

Wondering which vitamin and mineral supplements to add to your diet? The answer may be simple. JUST ONE!

RESOURCES

Visit Canada's Food Guide online at: healthcanada.gc.ca/foodguide

Review your current intake with the experts at Dietitians of Canada: dietitians.ca/eatracker

Please talk to your family doctor about PCN services. edmontonsouthsidepcn.ca



THE FACTS

Following Canada's Food Guide all but eliminates the need for vitamin and mineral supplements in healthy men and women over the age of 50, with the exception of Vitamin D. Eating a variety of foods from the four food groups continues to be the best way to ensure we are getting enough of the naturally occurring vitamins and minerals needed to stay healthy.

THE ONE VITAMIN YOU SHOULD ADD.

Vitamin D plays an important role in bone health. It may help reduce the risk of fractures in older adults. This vitamin is produced in our bodies following sun exposure. In Canada, vitamin D production is not enough during the winter months of October to March. After the age of 50, this is not enough to meet our daily requirements. Talk to your doctor about how much vitamin D you should be taking. Dietary sources of vitamin D include fish, eggs and

fortified products such as milk.

WHEN ONE MIGHT NOT BE ENOUGH.

Chronic Disease

If you have been diagnosed with a specific medical condition you may require additional vitamin or mineral supplements. Talk to your doctor or dietitian about additional vitamin or mineral needs.

Restrictive Diets

If you follow a vegan diet or a diet that excludes an entire food group, you should speak to a dietitian or your doctor to ensure you have the right balance of vitamins and minerals.

Smokers

If you smoke, chances are your doctor has already recommended a vitamin C supplement and has cautioned you against taking a vitamin A (beta-carotene) supplement. This is associated with an increased risk of lung cancer in people who smoke.

THE BOTTOM LINE

Eating a wide variety of foods as outlined in "Eating Well with Canada's Food Guide" continues to be the best defence for staying healthy in the golden years. Add a Vitamin D supplement to your daily regime. Mega-dosing on individual vitamins or minerals can be dangerous. Vitamin

and mineral supplements should not be used as a "band aid" for a poor diet. If you do take supplements keep in mind that more is not better. Discuss your individual nutrient needs with your doctor or dietitian.

Your daily goal for Vitamin D is: _____

