

# NUTRITIONAL SUPPLEMENTS

## FACTS



May come in pill, crystalized or liquid form



Sold in most grocery stores, health food stores and online

## PROS



Helps you get adequate amounts if you have specific nutrient needs due to allergies, health conditions or food preferences. For example, these could lead to low intakes or low blood levels of iron, vitamins D or B12, or calcium. Or, avoid bad effects from contaminated food, like omega-3 supplements to avoid mercury in fish.

## CONS



You could get too much of one nutrient or have a bad reaction. A supplement and a medication might not go well together. Supplements can be pricey. Many on the market are not FDA-approved.

# GET YOUR DAILY DOSE

## SUPPLEMENTS OR SUPPER?

There are two ways to get enough of certain vitamins and minerals each day. Eat foods that naturally contain them, or had them added in. Or, take vitamin supplements to meet your needs.

Talk to your health provider about the best ways to get your daily nutrients. Also, ask before taking any vitamin supplement.

# FORTIFIED OR WHOLE FOODS

## FACTS



Unprocessed foods, or foods fortified with nutrients



Shop at grocery stores, farmers' markets, or grow your own food

## PROS



Your body more easily absorbs and processes nutrients from food over supplements. Keeps costs down if you grow your own or buy locally. Provides the protein, fat and carbohydrates your body needs as well as vitamins and minerals.

## CONS



Must eat a well-balanced diet to get all your daily recommended nutrients. Foods must be stored and prepared in food-safe ways to help prevent food-borne illnesses, such as Salmonella, E. coli and Norovirus.