

Add Multivitamins To Your Diet

(NAPSA)—Do you know what constitutes a healthy diet? With a barrage of conflicting news reports highlighting recently published nutrition research, many consumers are confused about the types of foods that make up a healthy diet, optimal vitamin and mineral intake, and ways to improve general health.

The U.S. Department of Agriculture (USDA) continues to recommend a diet rich in fruits, vegetables and whole grains in combination with an active lifestyle. Furthermore, a recent article published in a leading medical journal advises all adults to take a daily multivitamin. These simple measures can help reduce the risk of many chronic diseases such as cancer, cardiovascular disease and osteoporosis.

Dr. David Heber, director of the Center for Human Nutrition at the University of California-Los Angeles said despite our efforts to maintain a healthy diet, most of us still fall short of getting the nutrients we need. In fact, only about one-fourth of U.S. adults eat the recommended five or more servings of fruits and vegetables each day according to the U.S. Centers for Disease Control and Prevention (CDC). “A healthy diet supported by a complete multivitamin can provide a host of benefits,” he said. “For only pennies a day, it’s a great way to help ensure good health.”

New research in leading medical journals suggests some exciting health benefits may be associated with daily vitamin supplementation:



You probably need more than just a healthy diet for your daily nutrients.

- A daily multivitamin may help reduce the risk of heart attack in men and women.
- Vitamin C supplements may not only help reduce the risk of cardiovascular disease in women but it may also help reduce the damaging effects of second-hand smoke.
- Vitamin C and E may reduce the risk of clogged arteries in children and young adults with inherited high cholesterol and/or triglycerides.

Diet and nutrition will always be crucial in maintaining health, and with current trends, such as the growing obesity epidemic and increasing chronic disease rates, it is imperative that Americans begin to take control of their own health. Through a healthy diet, an active lifestyle and a daily multivitamin like Centrum®, Americans can begin to pave the way to a happier and healthier living.

For more information on how vitamin and mineral supplementation can help improve your health go to www.centrum.com.