

Women's Health

The ABCs of Women's Nutrition

(NAPSA)—When Dori Steele, 44, was recovering from surgery while also managing her busy lifestyle, she noticed her diet began to suffer. She worried that her body was not getting the vitamins and nutrients required for a complete recovery and for supporting her on-the-go schedule.

Steele is not alone. Women who manage busy lifestyles often find it hard to consume the necessary vitamins and minerals from diet alone, especially when skipped meals and dieting are the norm. Yet nutrients are essential for bone health, healthy aging, stress management, heart health and more.

Deralee Scanlon, R.D., manager of professional and consumer education at Nature Made vitamins, reminds women that supplements can help. Scanlon's ABCs of Supplements for good health include:

Amp Up Antioxidants: Nine out of 10 Americans fall short of vitamin E and 35 percent of women do not consume adequate amounts of vitamin C—two important antioxidants. Eating colorful fruits and vegetables daily helps combat deficiencies, and supplements can help. When taken together, vitamins C and E pack a powerful antioxidant punch to prevent premature aging.

Build Up a Base: "I recommend a balanced, low-fat diet, but realistically that isn't always possible," said Scanlon. A high-quality multivitamin supplement such as Nature Made Multi For Her or Multi For Her 50+ provides a good base of essential vitamins and nutrients for women of all ages.

Consume Calcium: Nearly 83



percent of women over the age of 45 do not meet their daily calcium needs. Calcium-rich foods plus a calcium supplement as part of a healthy diet can help maintain bone health and prevent osteoporosis later in life.

Don't Be D-ficient: A deficiency of vitamin D plagues up to 40 percent of Americans over 50. New research suggests Americans need at least 1,000 IUs of vitamin D daily for optimal health.

Energize: B vitamins are necessary for energy. During times of stress, our bodies can excrete higher levels of some nutrients. Green leafy vegetables and Nature Made B vitamins can help maintain active lifestyles, while ensuring adequate nutrient levels.

Fish For Heart Health: The American Heart Association suggests at least two servings of fatty fish weekly to reap the benefits of heart-healthy omega-3 fatty acids. Not a fish eater? Fish or flaxseed oil supplements are good alternatives. Scanlon suggests Nature Made Odorless Fish Oil to control the fishy aftertaste.

For more information, visit the Nature Made Wellness Advisor Web site at www.NatureMade.com.