

## SHOULD I TAKE A **SUPPLEMENT?**

This is a common question when people start thinking about improving their health. There are certain instances where a supplement is a great idea, and often a regular multi-vitamin is a good way to ensure you aren't missing out on key nutrients. However, vitamins do not actually give you energy. Only foods with calories can give you energy, so if you are feeling run down it is more likely that you are not nourishing your body properly with calories. Eat your way to good health with the following guidelines on meeting your daily need.

### Vitamin A

What to eat to meet: 1 sweet potato;  $\frac{2}{3}$  – 1 cup cooked carrots;  $\frac{2}{3}$  – 1 cup cooked spinach

### Vitamin D

What to eat to meet: 2 cups of milk meets 50%; the rest can come from the sun

### Vitamin E

What to eat to meet:  $\frac{1}{2}$  cup sunflower seeds; 3 Tbs sunflower/safflower oil

### Vitamin K

What to eat to meet:  $\frac{1}{2}$  Cup cooked broccoli;  $\frac{1}{4}$  cup raw kale;  $\frac{3}{4}$  cup cooked spinach

### Vitamin C

What to eat to meet: A little more than one kiwi fruit; 1 cup cooked broccoli; 1 cup strawberries