

2019 September Disease Prevention

Multivitamins

Your body needs about 40 different vitamins and minerals each day for optimal health. It can be difficult to get all of this from food alone. We are often in a hurry and do not consume enough fruits, veggies, whole grains, or low-fat dairy to meet the minimum daily requirements for vitamins and minerals. A daily multivitamin can often help with any nutritional deficiencies that may occur.

A multivitamin is the safest and simplest way to help get the right amounts of vitamins and minerals your body needs. Taking individual vitamins or supplements can easily lead to overdose, because nutrients can be toxic if too much is consumed.

Unless your provider prescribes specific vitamins, a multivitamin each day is the best way to get the extra nutrients you need.

There is a wide variety of multivitamins available and choosing the right one may be challenging. Talking with your provider and reviewing the percent of Daily Values (DV) for each nutrient is a good place to start. Avoid ingesting nutrients above the recommended daily limit. Your provider can also assist you in choosing the multivitamin that is right for you. Below are some tips that might help you choose.

Choose a vitamin that:

- has no more than 3,000-3,500 International Units (IUs) of retinol or vitamin A
- has the USP (United States Pharmacopeia) symbol of quality on it



Be cautious of:

- additives, such as herbs, which make vitamins more expensive and are usually unnecessary
- vitamins that provide more than 100% of the DV for any one nutrient

Taking a daily multivitamin is not intended to correct a bad diet. It should be used as a supplement to make up for minor deficiencies that could eventually lead to chronic diseases if left untreated.

Source: NIH.gov, WebMD.com



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A health condition that lasts for 1 year or more, requires ongoing medical care, and/or limits your daily activities can be defined as a chronic disease. There are some behaviors that can greatly increase your risk of developing a chronic disease such as tobacco use and exposure, poor nutrition, lack of physical activity, and excessive alcohol use. Complete the activities below to combat unhealthy behaviors and build healthy habits. Your goal is to get 5 in a row!

Source: NIH.gov, WebMD.com

Try a fruit or a vegetable that you have never eaten before	Take a multivitamin each day for 30 days	Leave out the salt to lower your sodium intake for 30 days	Do squats during commercial breaks anytime you're watching TV this month	Add an extra fruit or vegetable to each meal you make this month
Park as far away from the door as possible every time you go shopping this month	Eat only fruit and/or veggies for snacks for 30 days	Take a 1 mile nature walk or hike	Make salad one of your meals 2 times each week this month	Pack your own healthy snacks for any day trips you take this month
Give up all sugary beverages for 30 days	Don't eat fast food & cook meals at home for 30 days	Tobacco & alcohol free or complete a cessation program	Practice mindful eating and be in the moment at every meal this month	Swap out your bread with a whole grain option whenever possible this month
Visit your provider for an annual physical if you haven't already this year	Use the stairs instead of the elevator every day this month	Keep a full water bottle with you every day this month for hydration	Do 30 minutes of cardio 3 days each week this month	Set timers every day this month to take breaks at work for a quick walk or stretch
Do yoga, or another low intensity workout, 1 day each week this month	Clean out your fridge & stock it with fresh fruits and veggies for the month	Take a 30 minute walk 5 days per week this month	Track your physical activity in a journal for 30 days	Keep a food journal for 30 days so you can review your nutrition & look for patterns