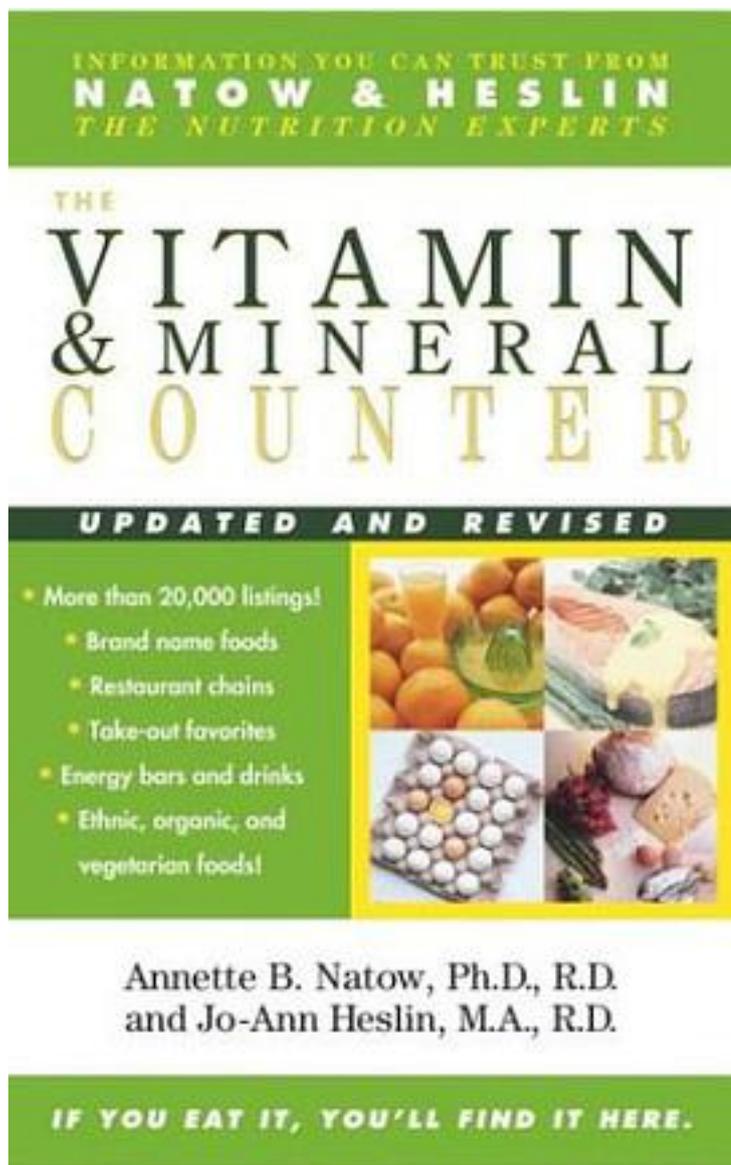


# The Vitamin and Mineral Food Counter



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GETTING ALL YOUR ESSENTIAL VITAMINS AND MINERALS HAS NEVER BEEN EASIER! Will vitamins and minerals keep you healthy? How much do you need? Which foods are the best sources? Is it better to eat raw or cooked foods? Now, for the first time, nationally known nutritionists Annette Natow and Jo-Ann Heslin offer a guide to the vitamin and mineral content of thousands of brand name and generic foods. Get the latest information on the eleven "marker" vitamins and minerals -- the ones that ensure you'll meet all your vitamin and mineral needs. Features include: Food values for vitamin A, thiamin, riboflavin, niacin, folic acid, vitamin C, calcium, potassium, sodium, iron, and zinc Portion size plus calorie counts for every food listed Warnings about prescription and over-the-counter drug ddinteractions Daily recommended intakes and safe upper limits A quiz to help you evaluate your nutrient needs THE VITAMIN AND MINERAL FOOD COUNTER is your essential reference to healthy eating!

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