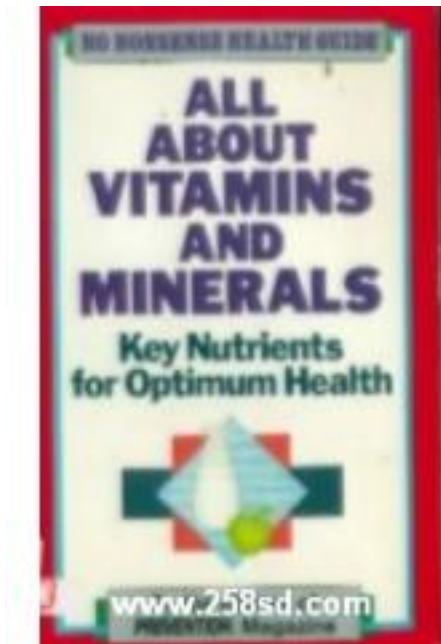


All About Vitamins and Minerals: Key Nutrients for Optimum Health



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We re Getting Smarter about Nutrition Can the right dose of vitamins or minerals cure disease? Can good nutrition head off health problems and extend your lite? Can diet affect the mind as well as the body? Is it necessary to take supplements to stay healthy? Scientists have been studying these and other questions about nutrition for many years and the amount of data they have accumu lated is considerable. But they re not nearly finished with the search for information: New evidence on the importance of vitamins and minerals is appearing constantly. Some of this ongoing research is showing that many Americans are increasingly concerned about what s in the 150 pounds of

food we eat every year. We re eating fewer franklurt~rs and less luncheon
meati¼Œ
 sugari¼Œ candyi¼Œ oils and fats. We re eating more chickeni¼Œ
cheesei¼Œ dark
 green vegetables ~eod citrus fruits.
 This concern is certainly
a step in the right direction. Although
 dear-cut deficiency conditions like scurvy
and beriberi are mostly a
\". thing of the past in this countryi¼Œ it is possible to be
lacking in one or

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