

Health Trends

Cut Carbs—Not Necessary Nutrients

(NAPSA)—The good news for folks on a low-carb diet: Studies show you probably will lose weight. The bad news: You'll probably also lose important nutrients from your diet—and not even know it.

In fact, according to a recent survey, more than one-third of Americans are unaware that cutting carbohydrates can affect their intake of certain nutrients that are essential for good health and that may reduce the risk of certain chronic diseases.

Fortunately, there is a solution. Registered dietitian Carolyn O'Neil, who co-wrote a new book on nutrition for women, "The Dish on Eating Healthy and Being Fabulous!," says "low carb diets limit the consumption of nutrient-fortified foods like breads, pasta and cereals. To help prevent gaps in nutrition, low carb dieters should take a complete multivitamin that is specially formulated to include nutrients they might be missing."

To help, there's a new multivitamin that includes high levels of select nutrients to help the body utilize carbs, fats and proteins, while providing vitamin and mineral support for those who have cut back on their carbohydrate intake.

The B vitamins play an indispensable role in the metabolic conversion of proteins, fats and carbohydrates to energy. In addition, reducing carbohydrates in the form of dairy, fruits, vegetables and grains can lead to inadequate intake of vitamins C, D, E and B6, as well as calcium, iron, magnesium, manganese, potassium, thiamin, riboflavin, niacin and folic acid. Scientific studies suggest that optimal levels of certain vitamins and minerals may reduce

Low-Carb Lifestyle Survey

- Approximately one in five Americans are currently eating fewer carbohydrates or following a low-carbohydrate lifestyle or diet, such as Atkins or South Beach.
- Thirty-six percent of Americans believe limiting carbohydrates in their diet will not affect their intake of vitamins and minerals.
- Seventy-five percent of Americans are unaware that carbohydrate rich foods such as grain products are significant sources of folic acid, a vitamin which is crucial to reducing the risk of birth defects and which may help promote heart health.
- Less than a third of all Americans believe that carbohydrate-rich foods contain essential nutrients such as vitamins B6, B12, C, D, E and K, calcium, niacin, thiamin and magnesium.



the risk of such chronic diseases as osteoporosis, heart disease and certain types of cancer.

The new multivitamin, Centrum® Carb Assist™, is formulated with high levels of the B vitamins—niacin, thiamin, riboflavin, vitamins B6 and B12—as well as the antioxidants selenium, manganese and vitamins C and E. It also contains 100 percent of the RDI for such key nutrients as vitamin D, iron, zinc and copper, all of which may become difficult to get when reducing intake of certain food groups. Taken daily, it can help you be sure you're getting all the vitamins and minerals you need.

The multivitamin supplement is available at local pharmacies and food stores. It can help you stay healthy while living the low carb lifestyle.