

Total Nutrition

Five Nutrients You Can Use



by *Mindy Hermann, R.D.*

(NAPSA)—Your body needs dozens of different compounds to help it work at its best. But that's a lot to keep track of. Rest assured that if your diet is rich in fruits and vegetables, lean sources of protein, low-fat dairy and foods made with whole grains, you're likely to get many of the nutrients you need.

Let's take a look at five key nutrients:



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1. **Vitamin E**

helps support healthy brain function. This important antioxidant is fat soluble; it is stored in the nervous tissue, where it helps protect nerve cells from damage.

Foods that give us vitamin E: salad dressings and oils, ready-to-eat cereals, margarine, nuts.

Boost your vitamin E: Top a bowl of Total—each of the cereals in the Total family supplies 100 percent of the daily value for vitamin E per serving—with vitamin E-rich chopped almonds.

2. B vitamins help support a healthy body. The eight B vitamins—thiamine, riboflavin, niacin, vitamin B6, vitamin B12, folate, pantothenic acid and biotin—metabolize the carbohydrates, fatty acids and amino acids in the food that we eat. B vitamins also help the body utilize energy.

Foods that give us B vitamins: ready-to-eat cereal, breads, milk, meats and poultry, vegetables.

Boost your B vitamins: Fill a whole grain pita with mixed greens, chunks of grilled chicken, and assorted vegetables.

3. Fiber helps keep your digestive system healthy. High-fiber foods may also increase satiety and boost feelings of fullness, according to Barbara Rolls, Ph.D., author of "The Volumetrics Eating Plan."

Foods that give us fiber: bread, legumes, potatoes, ready-to-eat cereal.

Boost your fiber: Start your lunch or dinner with a cup of split pea, lentil or black bean soup.

4. Calcium plays a key role in keeping bones and teeth strong. Your body also needs calcium for blood clotting and for a healthy nervous system and muscles.

Foods that give us calcium: milk, cheese, yogurt, ready-to-eat cereals.

Boost your calcium: Enjoy a snack of reduced- or low-fat cheese and sliced apples or pears.

5. Vitamin C is a dietary antioxidant that may help protect cells from damage by harmful molecules and compounds. It also works together with enzymes to form collagen, a compound that helps keep the skin firm.

Foods that give us vitamin C: orange or grapefruit juice, fruit drinks, tomatoes, peppers.

Boost your vitamin C: Layer yogurt with Total Cranberry Crunch—100 percent of the daily value for vitamin C per serving—and vitamin C-rich blueberries.

Mindy Hermann, M.B.A., R.D., is a nutrition writer for women's, health and fitness magazines. She is the co-author of "Change One" and the American Medical Association's "Family Health Cookbook."