

SUPPLEMENTS If you're not being mindful of the foods you put into your body, you shouldn't be surprised to hear that you could have a mild-to-moderate nutrient deficiency. Luckily, statistics show that more and more adults are taking a daily multivitamin to help avoid any potential problems. Supplements can never fully achieve what a balanced diet can, but it's pretty unrealistic to expect the average adult to follow a perfect diet. Are you eating your 5-9 servings of veggies and fruits a day? How much dairy have you had today? Enough to supply the 1,000 milligrams of calcium you need every day? You may not be getting all the nutrients your body needs, and if not, you could benefit from taking a daily multivitamin. Choose a supplement that supplies all of the essential vitamins (A, B, C, D, E, and K) and minerals (calcium, copper, magnesium, potassium, etc.) that your body needs on daily basis. *(LifeScript)*

VITAMIN TAKING Always pop it with a meal. "Food improves the absorption of nutrients and reduces the chances that the multivitamin will upset your stomach," says Tod Cooperman, M.D., president of Consumer Lab.com, an independent research group that tests supplement quality. Even better, swallow your vitamin with the same meal every day; in a few weeks, you'll have formed a crucial habit. "Most people have multivitamins at home but don't take them on a regular basis," says Melinda Manore, Ph.D., R.D., a professor of nutrition at Oregon State University. There's just one caveat: If you take your multi with breakfast, avoid washing it down with your morning latte. The caffeine in coffee can prevent your

body from absorbing vitamins A and B and the minerals calcium, copper, manganese, and zinc. *(Men's Health)*

Cancer Fighter? There's a mighty mineral found in cheese and yogurt that could help protect your tummy from cancer. We're talking about calcium. That's right. A study shows that one of the major selling points of dairy products -- calcium -- is associated with a lower incidence of digestive-system cancers. In the study, high calcium intake was related to a 16 percent lower risk of digestive-system cancers in men and a 23 percent lower risk in women. One caveat for men: High calcium intake was associated with a slightly higher prostate cancer incidence, but a lower incidence of head and neck, esophagus, stomach, colorectal, and bladder cancers. For women, up to 1,300 milligrams a day seemed to reduce the risk of all types of cancer. Researchers suspect that not only calcium but also the vitamin D and conjugated linoleic acid in dairy may have anticarcinogenic effects. Calcium's claim to anticancer fame may have to do specifically with the fact that calcium binds to bile and fatty acids, reducing the damage these baddies do to the digestive tract. Lactose intolerant or don't like dairy? No problem. Calcium supplements also appear to help cut cancer risk. *(RealAge)*