

# MINUTE NUTRITION NEWS

January 2014

## Vitamin and Mineral Supplements

The supplement industry has been increasing in recent years. In 2010, sales of supplements in the United States reached \$28 billion. Surprising to many, five doctors urged the public in an editorial last month to “stop wasting money on vitamin and mineral supplements.” What’s the reason? If you take supplements or is thinking of starting, read on to find out!



### What the research says...

In last month’s editorial, the doctors reviewed three newly published research articles. In all three articles, there was no strong evidence to support the idea that taking a multivitamin can help prevent chronic diseases. The only positive outcome that was seen was a lower risk of cancer amongst those taking a multivitamin, although this was only seen in one of the studies and amongst men. Therefore, evidence is weak and limited at this time to support taking multivitamins to prevent disease.

### There are exceptions...

There is no doubt that our body needs a certain level of vitamins and minerals to keep our bodies functioning properly. For a healthy individual, a multivitamin may not provide extra protection to prevent chronic diseases. However for those who may have a nutrient deficiency, from poor dietary intake or other health reasons, a supplement may provide the extra boost to help meet requirements.



In addition, *Eating Well with Canada’s Food Guide* recommends:

- women of childbearing age and those who are pregnant or breastfeeding to take a multivitamin containing folic acid every day to prevent neural tube defects;
- men and women over the age of 50 to take a daily vitamin D supplement of 400IU to maintain bone health.

### The bottom line...

- If you are a healthy adult, a balanced diet and active lifestyle is your best way to prevent chronic disease.
- Use supplements to supplement your diet when you’re not getting enough nutrition from your food. Avoid taking unnecessary supplements as too much can cause harmful effects.
- You may need to take a supplement if you
  - are a women of childbearing age,
  - over 50 years old,
  - have a known nutrient deficiency, or
  - have a health condition that puts you at risk of a nutrient deficiency.
- Talk to your Nurse Practitioner or Registered Dietitian if you think you need a supplement.



# RECIPE OF THE MONTH

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## Mini Tofu Bites

Calcium is a nutrient of concern for many Canadians, especially for those who dislike dairy products. Luckily, there are other non-dairy sources of calcium such as tofu. Try out this recipe as a snack or add it to your salads or stir-fries to help boost your calcium intake.



Makes about 4 servings

### Ingredients:

- 1 lb firm tofu, drained
- 1 ½ tsp vegetable oil
- 1 tsp sesame oil
- 1 tbsp low-sodium soy sauce
- 1 tbsp rice vinegar
- 1 tsp sugar

### Directions:

1. Gently pat tofu dry with paper towels. Cut into cubes.
2. Heat vegetable and sesame oil in a large nonstick skillet over medium-high heat. Add tofu, making sure to keep flipping it to avoid sticking to the pan. Continue until tofu is browned on all sides.
3. In a separate bowl, mix together soy sauce, vinegar and sugar. Transfer tofu into bowl and toss until evenly covered with sauce.
4. Serve as a snack or combine it into stir-fries or salads.

Recipe adapted from <http://www.recipebyphotos.com/2013/08/tofu-bites.html>

<b>Nutrition Facts</b> (values are approximate) Per serving (about ½ cup)			
<b>Amount</b>		<b>% Daily Value</b>	
<b>Calories</b> 118			
<b>Fat</b> 8 g			12 %
Saturated 1 g + Trans 0 g			5 %
<b>Cholesterol</b> 0 mg			
<b>Sodium</b> 137 mg			6 %
<b>Carbohydrate</b> 6 g			2 %
Fibre 2 g			8 %
Sugar 1 g			
<b>Protein</b> 13 g			
<b>Vitamin A</b>	0 %	<b>Vitamin C</b>	0 %
<b>Calcium</b>	24 %	<b>Iron</b>	44 %

\*\*Recipe analyzed with [www.eatracker.ca](http://www.eatracker.ca)

### Got questions?

Meet the clinic's Registered Dietitian on January 7<sup>th</sup>, 2013  
from 10 am to 12 pm during the recipe demonstration!