



The Complete Book of Vitamin and Mineral Counts (Ctn Food Counts)

Corinne T. Netzer

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The importance of a balanced and healthful diet cannot be overemphasized. But how can you be sure you are getting all of the nutrients your body requires? The *Complete Book of Vitamin and Mineral Counts* has the information you need. Find out which vitamins and minerals are in the food you eat--and what you may have to add to your diet. For example, are you trying to boost your immune system? You need zinc, and one of the best natural sources is in whole grain products like bran cereals. Worried about osteoporosis but don't like milk? Canned salmon is a good alternative to step up your calcium intake. Research has shown how important it is for pregnant women to get enough folic acid, but from where? Try spinach--which will also give you the extra dose of vitamin A your pregnancy calls for at the same time.

A new index speeds your access to specific foods and nutrients.

Plus comprehensive information on each essential vitamin and mineral--its function, best sources, RDA, and toxicity.

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