

Name: \_\_\_\_\_

There are three reasons why every adult should be supplementing their diet:

1. Our bodies don't manufacture most vitamins and minerals.
2. We should eat at least 2 servings of fruit and 5 servings of vegetables per day.
3. We should eat 3 servings of deep sea fish each week.

Supplementation gives you the nutrients experts are telling us that our bodies need.

**STEP 1** - Answer each of the questions below.

**STEP 2** - If you answered 'yes' to one or more questions in any category, you may benefit by following the suggestions for supplementation.

	Yes	No	Supplementation Recommended
Do you need more energy?			Multi-Vitamin/ Mineral
Do you routinely skip meals?			
Do you often reduce calories and /or fat to lose weight?			
Do you eat less then 2 servings of fruit and 5 servings of vegetables every day?			
Do you eat less then 6 servings of cereal, brown rice or pasta every day?			
Do you eat 'fast' food or convenience foods more then 2 times per week?			
Are you 65 years or older?			
Do you smoke or are you regularly exposed to passive smoke?			Antioxidants
Are there days when you fail to eat at least 7 servings of fruit and vegetables?			
Do you eat fried and fatty foods on a regular basis?			
Do you live in an urban or highly polluted area?			
Do you exercise three or more times per week?			
Do you lead a stressful life?			
Do you spend a lot of time in the sun?			
Are you a woman of child bearing age?			Iron
Are you a vegetarian?			Multi Vitamin/ Mineral Calcium Magnesium
Do you have an intolerance or allergy to milk products?			
Do you consume more then 3 cups of tea or coffee per day?			
Do you eat less then 2 dairy products or calcium rich foods daily?			
Are you in your menopausal years?			
Do you believe that you need extra calcium to assist you in the treatment and prevention of osteoporosis?			
Do you wake feeling unrefreshed, general fatigue and tiredness?			
Do you eat less then 6 whole grain products, bread, cereal, or either brown rice or pasta every day?			Multi Vitamin/ Mineral Vitamin B Complex
Do you lead a stressful life?			
Are you in your child bearing years, currently pregnant or nursing?			
Do you consume more than one standard alcoholic beverage daily?			Omega 3
Do you eat less then 3 servings of cold water fish weekly (salmon/tuna)?			
Do you suffer from the pain of inflammation due to arthritis?			Glucosamine Omega 3
Do you have joint pain?			
Do you eat less the 2 servings of fruit and 5 servings of vegetables per day?			Multi Fibre
Do you eat less then 6 servings of wholegrain products (eg. bread, cereal, brown rice or pasta) daily?			

**Examples of Serving Sizes**

**Fruit & Vegetables:** 1 medium orange, apple or banana; 1 cup of raw leafy vegetables; ½ cup of other vegetables (raw or cooked).

**Wholegrain Products:** 1 slice of wholegrain bread; 1 medium wholegrain roll; 40 g of wholegrain cereal.

**Dairy Products:** 1 cup of milk or yoghurt; 50 g of natural cheese

**Meat:** 100 g cooked meat, poultry or fish (approximately the size of a deck of cards).