

Select Nutritious Foods

Consider a vitamin-mineral supplement

Vitamins and minerals taken in appropriate doses may aid in lowering heart disease risk. However, the greatest benefit appears to be with whole foods that are naturally good sources of vitamins and minerals.

WHY SHOULD I CONSIDER A SUPPLEMENT?

While foods should be the main source of nutrients, research shows that many individuals fall short of achieving recommended intakes. The actual amounts needed to prevent chronic diseases have not been established. While there are no conclusive studies proving that taking additional supplements can prevent heart disease, numerous studies suggesting positive associations exist. Vitamin and mineral supplements can be safe and inexpensive and may provide a health benefit.

I EAT POORLY, SO A SUPPLEMENT IS A GOOD IDEA, RIGHT?

Supplements are designed to "supplement" a healthy diet, not make up for a poor diet. Foods contain thousands of helpful nutrients that promote health and prevent diseases. Vitamin and mineral supplements cannot replace all the good nutrition found in foods.

DO I NEED TO BE CAREFUL WHEN SELECTING SUPPLEMENTS?

Yes. There are many misleading products available for very high prices and sometimes in dangerous doses. Use the guidelines outlined in this booklet when selecting supplements and follow your physician's recommendations.

SHOULD MEN AVOID SUPPLEMENTS WITH IRON?

Unless anemic, men should not routinely take an iron supplement. Excess iron can build up in the blood and cause a condition called hemochromatosis, which increases risk for heart disease. Men should look for supplements that contain 9 mg or less of iron.

ARE GARLIC SUPPLEMENTS HELPFUL?

The regular use of garlic can be effective in lowering the risk of heart attacks and strokes because it lowers total cholesterol, triglycerides and LDL without affecting HDL. The odor-modified garlic extract and enteric-coated garlic pills appear to be just as effective as fresh garlic in this respect.



WHAT ARE HOMOCYSTEINE AND C-REACTIVE PROTEIN? ARE THEY SOMETHING I SHOULD BE CONCERNED ABOUT?

Excess amounts of the amino acid homocysteine can increase the risk of heart disease. In high-risk patients, the level of this amino acid can be checked with a blood test. Adequate amounts of folic acid, vitamin B6 and vitamin B12 can correct this elevation. C-reactive protein can measure inflammation in the body and appears to be associated with coronary heart disease. Consider asking your physician to check your homocysteine or C-reactive protein level.

WHAT CAN I DO?

- Check with your physician. He or she may recommend different or additional doses of supplements depending on your medical condition.
- Take a daily multivitamin and mineral formula that provides 100-200 percent daily value for the major nutrients. Make certain that it contains 100 percent daily value for vitamins B6, B12 and folic acid. Daily values are determined by the National Academy of Sciences.
- Take extra calcium (500 mg daily if you are younger than 50 and 1,000 mg daily if you are older than 50). Calcium is involved in the regulation of blood pressure as well as the maintenance of strong bone health. Avoid using supplements made from oyster shells because of possible contamination. To maximize absorption, look for either calcium carbonate or calcium citrate.

- Look for the "USP" endorsement on the supplement container. This means that the supplement was made to U.S. Pharmacopeia standards to guarantee potency, purity and quality.
- Additional vitamin C and vitamin E in supplement form are not recommended at this time. Use of beta carotene supplements is discouraged.

(See Vitamin-Mineral Supplement Guide on next page.)

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Look for the USP stamp of approval to guarantee a multi-vitamin dissolves properly in the body.

Be sure to check serving size. Sometimes you need more than one tablet per day.

If taking blood-thinning medications, such as Coumadin, tell your doctor before taking vitamin K.

No multi will have 100% Daily Value for calcium. You'll need an extra supplement.

Women: look for 0-50% Daily Value for iron, unless you have heavy menstrual periods. Men should avoid iron, unless anemic.

Try to keep Daily Value of zinc and copper close to even.

If a substance is not on our chart, it's not yet considered essential by the National Academy of Sciences.

A guide to multi-vitamin – mineral supplements		
USP Made to U.S. Pharmacopeia quality, purity, and potency standards		
Nutrition Facts Serving Size: 1 tablet Amount Per Serving	% Daily Value	Safe Upper Limit (T.U.I.)
Vitamin A 5,000 IU (50% as beta carotene)	100%	10000 IU (3000 mcg)
Vitamin C 60 mg	100%	2000 mg
Vitamin D 400 IU	100%	2000 IU (50 mcg)
Vitamin E 30 IU	31%	1500 IU (1000 mg)
Vitamin K 25 mcg	100%	N/A
Thiamin 1.5 mg	100%	N/A
Riboflavin 1.7 mg	100%	N/A
Niacin 20 mg	100%	35 mg
Vitamin B ₆ 2 mg	100%	100 mg
Folic Acid 400 mcg	100%	1000 mg
Vitamin B ₁₂ 6 mcg	100%	N/A
Biotin 30 mcg	10%	N/A
Pantothenic Acid 10 mg	100%	N/A
Calcium 120 mg	12%	2500 mg
Iron 9 mg	50%	45 mg
Phosphorus 100 mg	14%	4000 mg
Iodine 150 mcg	100%	1100 mcg
Magnesium 100 mg	25%	350 mg
Selenium 75 mcg	100%	400 mcg
Zinc 15 mg	100%	40 mg
Copper 2 mg	100%	10 mg
Manganese 2 mg	100%	11 mg
Chromium 120 mcg	100%	1000 mcg
Molybdenum 25 mcg	33%	2000 mcg
Chloride 36 mg	1%	N/A
Potassium 40 mg	1%	N/A

Take supplements with a meal.

Do not exceed this upper limit per day.

Vitamins B₆, B₁₂ and folic acid may lower homocysteine in the blood. Elevated homocysteine can increase heart disease risk. Aim for 100% Daily Value of these.

N/A = not available; no safe upper limit established

After "EXP DATE" potency may decline.

Check the serving size here. This tells you what portion the nutrition information refers to.

Check the amount of bad fat (saturated fat) and total fat in grams. How does this compare with your daily goal? Watch for trans fat under this heading, as well.

As a general rule, the more fiber in a food, the more refined it is.

The ingredient list helps to identify the type of fat in the product. This product contains trans fats, which aren't listed above. You can identify trans fats by the words "partially hydrogenated."

What to look for on a nutrition facts label			
Nutrition Facts			
Serving Size ½ cup (114g)			
Servings per Container: 4			
Amount Per Serving			
Calories: 90		Calories from Fat: 30	
% Daily Value*			
Total Fat 3g	5%		
Saturated Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 300mg	13%		
Total Carbohydrate 13mg	4%		
Dietary Fiber 3g	12%		
Sugars 3g			
Protein 3mg			
Vitamin A 80%	•	Vitamin C 60%	
Calcium 4%	•	Iron 4%	
Percent Daily Values are based on a 200 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2000	2500
Total Fat	Less than	55g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	•	Carbohydrate 4	• Protein 4
INGREDIENTS: ENRICHED WHEAT FLOUR (CONTAINS NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B1], RIBOFLAVIN [VITAMIN BW]), SUGAR, VEGETABLE SHORTENING (PARTIALLY HYDROGENATED SOYBEAN OIL), GRAHAM FLOUR, HONEY, COCOA, (PARTIALLY PROCESSED WITH ALKALAI), HIGH FRUCTOSE CORN SYRUP, LEAVENING			

The percent daily value can be confusing. It's easier to disregard these values and look at grams and milligrams instead.

There is generally not much cholesterol in packaged foods. Total daily intake should not be more than 300 mg. A better goal is no more than 200 mg.

Look for "whole" before the names of grains in the ingredient list. Enriched wheat flour is not a whole grain product.

