



VITAL NUTRIENTS: Do you need to increase your intake?

NUTRIENT	SOURCES	SOME SIGNS OF DEFICIENCY
Vitamin A	cantaloupe, kale, broccoli, carrots, fish liver oils, yams	red 'goosebumps' on triceps; dandruff; dry skin, acne, allergies, premature aging
Vitamin B Complex	dark leafy greens, whole grains, legumes, nuts, seeds	fatigue, high cholesterol, insomnia, digestive issues, dry dull hair, acne, anemia, depression
Vitamin C	broccoli, parsley, citrus fruits, bell peppers, berries, cabbage	bleeding gums, bruise easily, dental cavities, gall stones, hair loss, frequent colds, nose bleeds, swollen and painful joints
Vitamin D	butter, egg yolks, fish liver oil, sunlight, salmon, sweet potatoes	arthritis, bone pain, cataracts, excessive cavities, kidney disease, nervousness, fatigue, insomnia, softening of bones & teeth
Vitamin E	brown rice, dark leafy greens, eggs, nuts, whole grains, olives	dry, dull, or falling hair, enlarged prostate gland, heart disease (heart attacks), hemorrhoids, menstrual disorders, varicose veins, miscarriages
Calcium	sesame seeds, almonds, asparagus, broccoli, salmon, sardines, tofu	brittle bones and nails, excessive/prolonged menstruation, heart palpitations, muscle cramps, osteoporosis, weak bones and teeth, arm and leg numbness
Magnesium	honey, fish, green vegetables, seafood, spinach, pumpkin seeds	bed wetting, irregular heartbeats, insomnia, heart attacks, lethargy, nervousness, seizures/convulsions, sensitive teeth, hyperactivity in children
Zinc	tomatoes, pumpkin seeds, mushrooms, seafood, soybeans, whole grains	abnormal/diminishing taste & smell, acne, infections, prostate issues, sterility, white spots on fingernails, diabetes, arthritis

Source: Modified from A Guide to Vitamins and Minerals from The Institute of Holistic Nutrition

Diane Murphy is a Registered Orthomolecular Health Practitioner (ROHP). She graduated with first class honours from the Institute of Holistic Nutrition in Toronto. She practices mostly out of a multidiscipline clinic in North York called Balanced Health Care. You can find more information about Diane at www.HoliNutrition.com or call 416-694-7474.



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HEALTHY COOKING

Ask A Nutritionist: *Friday, July 17th 2009 (4:00pm-7:00pm)*

I will be setting up a booth at the Birchcliff Village Farmer's Market in Scarborough. This is located at 1512 Kingston Rd. between Birchmount Rd. and Warden Ave.

I will be available to answer questions and offer nutritional advice on any symptoms, conditions, issues you may be experiencing. If you like, bring your supplements if you have any questions about them or come with a 2-3 day 'diet diary' that I can briefly analyze for you where you list everything you have eaten and drank and at what time (include any fatigue, digestive issues, allergic reactions etc...).

The Birchcliff market also includes several other appealing booths such as organic produce, coffee, cheese, meat, and homemade soaps and lotions. Check out www.marketsbythebluffs.com.

Looking forward to seeing you there! Diane

LET'S EAT

Fruit Smoothie

This smoothie recipe provides a wonderful combination of flavors. The addition of tahini helps keep you satiated for a longer period than your usual smoothie and provides an excellent source of calcium.

Prep and Cook Time: 5 minutes

Ingredients

- ½ cup mixed berries
- 1 cup of soy (for protein) or almond milk
- ½ TBSP tahini
- 1 medium size banana
- ½ tsp natural vanilla extract
- 1 tsp of ground flaxseeds or psyllium hulls (for fibre)

Directions

1. Blend all ingredients in blender until smooth.

