Inside


Do You Know What’s in Your Multi? New formula for Centrum Silver, but, oddly, not for chewables.

Pasta That’s More Than Carbs. Lots of pastas are available now that offer fiber and whole-grain nutrition.

Artificial Hormones in Milk a Worry? Some dairies would have you think so, but that’s not the real concern.

Rediscover Turnips This Thanksgiving. Cruciferous vegetable is versatile; greens are nutrition knockouts.

Just In

Vitamin D May Improve Health, Delay Death

Researchers from the European Institute of Oncology in Milan, Italy, analyzed 18 well-controlled trials of people taking supplemental vitamin D and concluded that a daily D supplement significantly reduced the risk of dying during the six years, on average, that the participants were followed.

Study volunteers were mostly older, but they ranged in age from 33 to 106. Most of the trials provided between 400 and 830 International Units a day and most used vitamin D3 (cholecalciferol), the form that’s most effective in aiding calcium absorption.

The upshot? People who took D daily were 7% less likely to die during the time followed than those who didn’t take D.

The researchers don’t know exactly how D might delay death, but speculate it could prevent falls by strengthening bones, reduce the likelihood of illness by boosting the immune system, cut cancer risk by inhibiting cell growth or reduce the severity of type 2 diabetes.

7 Trace Minerals You Can’t Live Without And How To Get Enough Of Them

You’ve probably heard plenty about minerals like calcium, potassium and even magnesium, but not so much about so-called trace minerals, like copper and manganese. So named because they’re needed only in trace amounts, they’re no less essential than the big guys. Here, EN weighs in on the most studied trace minerals and offers tips for making sure you get enough.

Chromium. Insulin can’t function without this mineral, which is essential to metabolize glucose. As a result, it may deter the development of insulin resistance and metabolic syndrome, which are forerunners to type 2 diabetes and heart disease.

Research Findings: A recent review of 41 randomized, controlled trials, published in the May issue of Diabetes Care, found that chromium supplements significantly improved blood sugar levels in people with diabetes. Chromium has also been heavily promoted as a tool to help manage your weight. Studies have varied in their conclusions, however, from those that showed boosts in lean muscle mass and decreases in body fat, to those with no effects at all.

Recommended Intake: The DV for chromium is 120 micrograms. Chromium is present in most all foods, but only in small amounts. Moreover, dietary chromium is poorly absorbed, and absorption only gets worse as you get older.

Losing Muscle Is A Part of Aging, But You Can Minimize The Effects

Along with graying hair, fading eyesight and added wrinkles comes another universal sign of aging that doesn’t create the same level of angst—but it should. It’s called sarcopenia (sar-ko-PEEN-ya), which is the loss of muscle mass, strength and function as you get older.

Everyone experiences some degree of muscle loss with age, but progressive sarcopenia is at the core of why some people become frail; it increases the likelihood of falls and impairs a person’s ability to perform even routine daily tasks, like climbing stairs, opening a jar or doing the laundry.

After peaking in young adulthood, skeletal muscle starts declining at about 45 to 55 years of age. Experts estimate that advanced sarcopenia affects 30% of people over the age of 60 and possibly more than 50% over the age of 80. But there are ways to minimize muscle loss as you age.

Here, EN suggests what you can do to lessen the impact sarcopenia might otherwise have on your life.

Less Muscle, Less Bone. Sarcopenia may not be as familiar a term as osteoporosis, but the fact is they often go hand in hand. These two conditions tend to track each other as you age and for good reason. Muscle helps prevent bone loss. If you lose muscle, you’re going to lose bone as well.

(continued on page 4)
7 Trace Minerals You Can’t Live Without; How to Get Enough

(continued from page 1)

older. Luckily, most brands of multis contain some chromium.

**Copper.** This is a critical component of many enzymes, a contributor to bone health and necessary for iron absorption. In fact, iron-deficiency anemia sometimes results from a copper insufficiency. Diets low in copper may also increase the risk of heart disease by raising levels of homocysteine in the blood.

**Research Findings:** Evidence suggests that taking 2.5 milligrams of copper in combination with other bone-benefiting minerals can slow bone loss in postmenopausal women.

**Recommended Intake:** The DV for copper is two milligrams; the amount found in multis varies.

**Iodine.** The body needs this familiar salt additive to manufacture thyroid hormones. Insufficient iodine leads to inadequate production of these hormones, which regulate metabolism.

**Research Findings:** Government studies suggest that a growing percentage of Americans consumes less iodine than 20 years ago due, in part, to a cutback in salt consumption. (Most iodine in the U.S. diet comes from iodized salt.) Iodine cannot be stored for long by the body, so a regular intake is necessary.

**Recommended Intake:** The DV for iodine is 150 micrograms. If you’re cautious about your salt intake and don’t eat much seafood, look for a multi with iodine.

**Manganese.** Easily confused with magnesium, which happens to share a role in reducing osteoporosis risk.

**Research Findings:** Decreased blood manganese levels have been linked to osteoporosis, and bone mineral density seems to improve with the addition of this mineral. An animal study from the University of Maine found that manganese also helps prevent the contraction of blood vessels, which can cause high blood pressure.

**Recommended Intake.** The DV for manganese is two milligrams. However, five milligrams a day is the amount linked to the greatest bone protection. Less than 5% of dietary manganese is absorbed; men seem to absorb even less than women. Whether the absorption of manganese from supplements is any better is not known, but the typical two milligrams you get from a multi helps ensure an adequate intake of the mineral.

**Selenium.** This antioxidant triggers the self-destruction of cancer cells and boosts immune function. It has also been linked to the thwarting of a number of ailments, such as arthritis, heart disease, mental decline and several kinds of cancers.

**Research Findings:** Studies have found that getting enough dietary selenium is linked to improved muscle strength in older women. And higher intakes of selenium (about 200 micrograms a day) have been linked to decreased risk of cancers of the colon, lung and prostate.

**Recommended Intake:** The DV for selenium is 70 micrograms, the amount found in most multis. Selenium intake from food generally averages about 100 micrograms a day.

**Zinc.** Probably the most well known of the trace elements, it is also the most ubiquitous—found in almost every cell of your body. Zinc is needed to stimulate the activity of about 100 enzymes that promote biochemical reactions involved in the digestion of proteins and carbohydrates. It also supports a healthy immune system, promotes wound healing, maintains your sense of taste and smell and is essential for DNA synthesis. And in the landmark Age-Related Eye Disease Study, 80 milligrams of zinc daily was one of the players in delaying the progression of the eye disease called age-related macular degeneration.

**Recommended Intake:** The DV for zinc is 15 milligrams, but the average dietary intake in the U.S. is only 9 to 13 milligrams a day. Multis typically provide 15 milligrams. Don’t go overboard with zinc supplements, as there is evidence too much can decrease copper absorption, resulting in copper-deficiency anemia.

**The Bottom Line.** The best tactic for taking in enough trace minerals is to eat a balanced and varied diet. This means consuming meals chock-full of nutrient-rich foods like fruits, vegetables, whole grains, lean meats, low-fat dairy, nuts and seafood (see “EN’s Guide to Trace Minerals,” above). Add a daily multi for good measure (see related story, page 3).

—Linda Antinoro, J.D., R.D.