



Supplements versus Food

With added amino acids, antioxidants, enzymes and herbs, it might seem like dietary supplements could easily replace food as your source of nutrients.

But this isn't the case. Whole foods - such as fruits, vegetables and whole grains - provide a complex combination of vitamins, minerals, fiber, phytochemicals, and antioxidants that promote health. If you depend on supplements rather than eating a variety of whole foods, you miss the potential benefits of these substances.



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Whole foods: Your best source of micronutrients

Whole foods are your best source of vitamins and minerals. They offer three main benefits over supplements:

Whole foods are complex. They contain a variety of the micronutrients your body needs, not just one. For ex: an orange provides not only vitamin C, but beta carotene, calcium and other nutrients. Vitamin C supplements lack these other micronutrients.

Whole foods provide dietary fiber. Fiber is important for digestion and can help prevent certain diseases such as cancer, diabetes and heart disease, and prevent constipation.

Whole foods contain other substances that are important for good health. Fruits, vegetables, and whole grains contain naturally occurring phytochemicals which help protect against cancer, heart disease, diabetes and high blood pressure. These foods also contain antioxidants that help protect against cell and tissue damage.

Source: MayoClinic.Com

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