



November is National Health Food Month

NOVEMBER IS NATIONAL HEALTH FOOD MONTH

Vitamins for the child to be born

Nutritional experts agree: the best way to fill up on vitamins and minerals is to eat well. In fact, no pill can ever replace a balanced nutritional diet because the vitamins in healthy food interact, creating unique composites that are impossible to reproduce. Having said this, and since it is difficult to ensure a daily diet of three healthy well-balanced meals capable of providing all of the essential vitamins and minerals required for good health, there is a full assortment of natural vitamins available in stores. Not only is it fast and easy to take vitamin tablets or capsules every day, it also improves your health significantly, especially if you do not eat

enough food items from each of the main food groups.

National Health Food Month, which occurs every year in November, encourages consumers to become familiar with natural foods and nutritional supplements stores, and serves to inform consumers on natural products as well as genetically modified products. According to the Canadian Health Food Association, natural products are beneficial for the human body. For example, the Canadian Food Guide indicates that for pregnant women to eat healthy, "a balanced diet and a prenatal multivitamin help ensure the health of the

mother and the child". To keep the mother and the child healthy during the period following the birth, it is important to continue taking prenatal vitamins during breastfeeding when the body needs more vitamins and minerals.

Regardless of age or circumstance, taking vitamin supplements once a day is a simple way to guarantee that we get all of the vitamins and minerals that we need.

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