

# TO SUPPLEMENT, OR NOT TO SUPPLEMENT?

## What You Need to Know About Dietary Supplements

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The use of dietary supplements by Americans has been a growing trend since the 1970s, and it is a practice that continues to increase. People have become more receptive to using supplements as an alternative to getting all their nutrients from fresh foods, though medical experts and scientists have stated that the most effective way of getting needed vitamins and minerals is through eating a nutritious and varied diet.

More than 29,000 different dietary supplements are available to consumers with approximately 1,000 new products introduced each year. According to the Food and Drug Administration (FDA), supplements include ingredients such as vitamins, minerals, herbs, amino acids, and enzymes and come in forms such as tablets, capsules, softgels, gelpcaps, powders, and liquids.

Marketing for supplements, combined with consumer assumptions about whether supplements are regulated, has led to some confusion in the marketplace. Below are some facts about supplements to consider as you evaluate whether these are a good alternative for yourself and your family.

- While medicines must be approved by the FDA before being marketed or sold, supplements do not require this approval. It is the responsibility of manufacturers and distributors to make sure their supplement products are safe before they go to market.
- The FDA can remove dietary supplements from the market if they are found to be unsafe or if false claims are made about the products.
- Even if a label says a supplement was manufactured in the USA, the raw ingredients in it could have come from another country, such as China.
- You should always let your doctor know about any supplement you are taking before surgery is scheduled since it can affect your response to anesthesia and can interact in a harmful way with medications you need to take before or after the surgery.
- There is no regulation that defines what makes a multivitamin, so one company's multivitamin might be entirely different from that of another company—making it difficult or impossible to compare one brand to another.
- Instead of depending completely on information about a supplement from the seller of the product, rely on information from the NIH (National Institutes of Health), the FDA (Food and Drug Administration) or the USDA (US Department of Agriculture).

While supplements can be important in improving deficiencies in a diet, they are not a replacement for a healthy diet. The U.S. Department of Health & Human Services' National Institutes of Health maintains an Office of Dietary Supplements and provides information, fact sheets and other resources at its website, [ods.od.nih.gov](https://ods.od.nih.gov). Check out their site for additional information!



Source:  
National Institutes of Health,  
[ods.od.nih.gov](https://ods.od.nih.gov)

# Summer Salad Dressings by the Numbers

Nothing says “summer” like a fresh, green salad, and nothing spices up a salad like a flavorful vinaigrette! You can make your own by following the 4 simple steps below and whisking vigorously. Keep in mind that the perfect balance of oil to vinegar is three parts oil to one part vinegar. Customize the type of oil and the kind of vinegar, and add your choice of seasonings to customize your creation!

1

## CHOOSE AN OIL BASE

### BASE OILS

Extra Virgin Olive Oil  
Avocado Oil  
Flaxseed Oil

### ACCENT OILS

*(add sparingly)*  
Walnut Oil  
Sesame Oil  
Chili Oil

2

## ADD AN ACID

Apple Cider  
White Wine  
Champagne  
Red Wine  
Rice Wine  
Balsamic

AND/OR

### CITRUS JUICE

Lemon  
Lime  
Orange

3

## INCREASE FLAVOR & TEXTURE

### ADD FLAVOR

Dijon Mustard  
Honey  
Tahini  
Peanut Butter

### CREAMY

Mayonnaise  
Greek Yogurt  
Buttermilk  
Sour Cream

4

## ADD THE AROMATICS

### AROMATICS

Shallot  
Garlic  
Ginger

### SPICES

Fresh Herbs  
Dried Spices  
Salt & Pepper

