Q: Should everyone take a multivitamin?

A: Eating a variety of foods is the best way for most people to get the nutrition they need. However, some people, such as those who consume fewer than five servings of fruits and vegetables each day, women of childbearing age, older adults, people who smoke, vegetarians, people with food allergies, or people who consume fewer than 1,600 calories each day, may benefit from the addition of a multivitamin. Talk to your health care provider or a registered dietitian to find out about your nutrient requirements or if you need a vitamin supplement.

For more nutrition information, call the American Dietetic Association’s ADA Consumer Nutrition Information Line (800 336-1655). The hotline provides recorded messages with timely and practical nutrition information as well as referrals to registered dietitians. Messages are available 24 hours a day.

Source: The American Dietetic Association at www.eatright.org