



How do I Know If I Might Need a Multivitamin/Mineral Supplement?

Directions: Read the question and answer YES or NO. Add your score up and see the scale at the end of the quiz.

On most days do you:

1) Eat 6-11 servings of grains (breads, cereal, rice, pasta, and other grain foods)?

One serving equals one slice of bread, 1/2 cup of rice or pasta, 1 ounce of cereal, or half a bagel.

Yes = 3

No = 0

2) Eat at least 2 servings of fruit?

One serving equals 1 piece of fruit, 1/2 cup of chopped, cooked, or canned fruit, or 3/4 cup of fruit juice.

Yes = 3

No = 0

3) Eat at least 3 servings of vegetables each day?

One serving equals 1/2 cup cooked or chopped vegetables, 1 cup raw, leafy vegetables, or 3/4 cup of vegetable juice.

Yes = 3

No = 0

4) Generally eat the same foods every day?

Yes = 0

No = 3

5) Frequently skip meals or miss out on one or more food groups for the entire day?

Yes = 0

No = 3

6) Eat 2 or more servings of dairy food such as milk, cheese, and yogurt every day?
One serving equals 1 cup of milk or yogurt, 1 1/2 ounces of natural cheese, or 2 ounces of processed cheese.

Yes = 3

No = 0

7) Eat 2 to 3 servings of lean meat, poultry, fish, dry beans, eggs, or nuts every day?
One serving equals 2 to 3 ounces of cooked lean meat, poultry, or fish. One egg 1/2 cup of cooked beans, or 2 tablespoons of peanut butter count as 1 ounce of meat.

Yes = 3

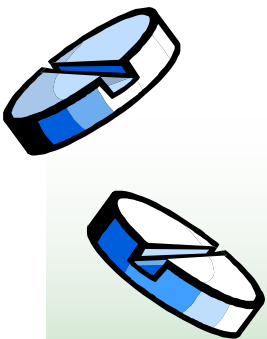
No = 0

Scoring:

15 points or more: You make wise food choices and generally get the vitamins and minerals you need from food.

9-12 points: You need to make a few minor adjustments in your diet to get the vitamins and minerals you need from food. Try to add one more serving of the food group you fall short in before thinking about taking a multivitamin and mineral supplement.

0-6 points: You need to make changes in your diet to get enough vitamins and minerals from food. Consult your family doctor or a registered dietitian for help with your dietary needs and before starting any multivitamin / mineral supplement.



ALWAYS review the “Supplement Facts” panel found on Multivitamin/Mineral supplement packaging and choose a Multivitamin/Mineral supplement that provides no more than 100-150% of the Daily Value for vitamins and minerals. **ALWAYS** consult your family doctor before starting a multivitamin / mineral supplement.

Adapted from The American Dietetic Association Fact Sheet “Do you need a Multivitamin/Mineral supplement?”

Produced for the Pennsylvania Department of Aging

Provided by Indiana University of Pennsylvania

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