

The Daily Nutrition Question

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Here is a question you should ask yourself each day. It makes your nutritional program simple and helps you get enough disease-fighting antioxidants.

Do I eat more servings of fruits and vegetables combined than I did of fried foods, fat-saturated snacks, and sweets combined?

If your answer is no, this is probably true:

- You ingest too much fat and sugar.
- You have Borderline A and C deficiency.
 - You are not getting enough fiber, calcium, iron, or B vitamins.