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## **The Seven Nutrients Americans are Most Deficient In**

Dr. Fab Mancini | August 21<sup>st</sup>, 2017

Eating health is on a lot of people's minds these days, but the U.S. Department of Agriculture's most recent National Health and Nutrition Examination Survey (NHANES) has found that many Americans' diets are still not up to par. The problem is not a lack of food, but rather a lack of nutritious foods that supply the vitamins and minerals our bodies depend on to function.

In fact, about 30 percent of the calories that Americans consume daily are from nutrient-poor junk foods like sweets, desserts, soft drinks, alcoholic beverages and salty snacks, a study published in the Journal of Food Composition and Analysis found.

“What is really alarming is the major contribution of 'empty calories' in the American diet,” said Gladys Block, professor of epidemiology and public health nutrition at the University of California, Berkeley. “We know people are eating a lot of junk food, but to have almost one-third of Americans' calories coming from those categories is a shocker. It's no wonder there's an obesity epidemic in this country.”

Further, probably as a result of not eating nutritious foods, many Americans are lacking in crucial nutrients. Ironically, Block points out, it's impossible to be overweight and still be undernourished.

“It's important to emphasize that sweets, desserts, snacks and alcohol are contributing calories without providing vitamins and minerals,” Block says. “In contrast, such healthy foods and vegetables and fruit make up only 10 percent of the caloric intake in the U.S. diet. A large proportion of Americans are undernourished in terms of vitamins and minerals. You can actually be obese and still be undernourished with regard to important nutrients. We shouldn't be telling people to eat less, we should be telling people to eat differently.”

Fortunately, whether you are underweight or overweight, getting the nutrients you need is relatively easy if you concentrate on eating a healthy, varied diet.

### **Seven Nutrients Many Americans are Lacking**

#### **1. Vitamin E**

Vitamin E is an antioxidant that protects your cells from damaging free radicals, may protect against Alzheimer's disease, helps your cell communicate effectively and helps to boost your immune system. However, up to 93 percent of Americans are not getting

enough.

## **2. Vitamin C**

Over 30 percent of Americans are not getting enough vitamin C, which is crucial for boosting your immune system, helping wounds heal, protecting against cancer and fighting against free radical damage.

## **3. Fiber**

Fiber helps to support bowel regularity, maintain normal cholesterol and blood sugar levels, and may help you maintain a healthy weight by staving off hunger. However, upwards of 96 percent of Americans are not getting enough.

## **4. Magnesium**

About 56 percent of Americans are lacking in magnesium, a nutrient that is essential to build and strengthen your bones, keep your blood circulating smoothly, support your heart health and help your nerves and muscles relax.

## **5. Vitamin A**

Vitamin A helps to preserve and improve your eyesight, promotes healthy skin and boosts your immune function, but about 44 percent of Americans aren't getting enough.

## **6. Calcium**

About 70 percent of Americans don't get enough calcium, which helps maintain strong bones, supports, nerve and muscle function, and may help maintain normal blood pressure.

## **7. Potassium**

Potassium helps your nerves and muscles function properly, maintains normal blood pressure and helps regulate body fluids, yet 97 percent of Americans aren't getting enough.