

How are you staying Healthy with Hopkins today?

“ The doctor of the future will no longer treat the human frame with drugs ”
but rather will cure and prevent diseases with nutrition.

-Thomas Edison.



Vitamins and minerals help our bodies grow and thrive. Both substances are naturally found in food, and most people can get all the nutrition their bodies need by eating a balanced diet. For some people, adding vitamins and minerals to their health care regimen in the form of supplements can provide missing ingredients to their bodies. But how do you determine if adding vitamins and minerals to your regimen is right for you? First, talk with your health care provider. Supplements can help people who have special nutritional needs and people who eat small amounts or limited types of foods. You might need a supplement if any of these are true for you:

- You are pregnant or breastfeeding.
- You are a vegetarian or vegan, or you can't eat certain types of foods.
- You are often on a diet of less than 1,600 calories.
- You are age 50 or older.
- You are recovering from an illness or injury.
- You rarely eat a balanced diet.

Everyone's vitamin and mineral needs are different, and may vary throughout your life depending on age, activity level and other health conditions

Talk with your Health care provider to determine if supplements would be helpful for you, and have them guide you to choose the right supplements. Even if you and your provider determine that supplements may be helpful, it's still important to eat a balanced diet. Vitamins and minerals are found in almost all foods, yet each food has a unique makeup. A balanced diet includes:

- Fruits – a lot
- Vegetables – a lot
- Whole grains and grain products (rice, breads, cereals, tortillas) - some
- Healthy proteins (lean meat, poultry, fish, nuts and beans) - less
- Healthy fats (fish, avocado, nuts, seeds or olive, corn and sunflower oils) – less

It's important to notice how your body feels as you make changes to your diet and to share your observations with your health care provider so he or she can continue to best advise you. If you need more support with maintaining a balanced diet, consider working with a nutritionist. And remember that small changes often have the power to create big results!

Johns Hopkins Employee Highlight

Melissa Lluberes, Patient Coordinator Johns Hopkins Health System

Diabetes and hypertension are very common in my family. This motivates me to live a healthy lifestyle. I have been able to lose 10 pounds in less than two months by exercising at least 45 minutes a day and eating healthy meals. I make sure that a large majority of my diet is fruits and vegetables, I aim to get seven to eight hours of sleep daily and I practice meditation twice a day. All of this has made a big difference for me!"

Share your story. [Click here](#) to submit.

Invite a Healthy at Hopkins team member to your next staff meeting to lead a progressive muscle relaxation exercise or guided meditation. [Click here](#) to see offerings and to request an event.

Visit the Healthy at Hopkins portal (via my.jh.edu and select the Healthy at Hopkins logo).

[Click here](#) for more resources from the Office of Well-being.

Ask the Expert

Every Thursday, noon-12:30 p.m.

Join a 30-Minute Ask the Expert session with Michele Bellantoni, associate professor of medicine, to get answers to your questions about taking supplements.

Join from the Meeting link

cah.webex.com/cah/j.php?MTID=md84523b1a82e7b805441991a43c258a5

Join by meeting number: 2316 709 1242 Meeting password:
ikN29vAc8Zq

Join by phone 404-410-4502 Access code: 2316 709 1242

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