



Highlights: Food and Supplements



Some people eat foods to improve their health. They may take supplements too. There are foods that are more healthy to eat than other foods. These foods are called functional foods. They are foods such as fish, fruits, milk and soy products.



This fact sheet lists some of these foods. It notes the benefits of eating the foods. Known side effects from eating the foods are in the list too. It is better to eat food than to take supplements. This is due to the many other good things in foods. For some foods, it is better to take a supplement. It may take too much food to equal the dose in a supplement.

Functional Foods	Popular Uses	Most Reported Side Effects
<ul style="list-style-type: none"> ☉ Dairy products: milk, cheese, cottage cheese, yogurt, etc. <i>Calcium and vitamin D</i> 	Osteoporosis (bone loss)	Loose stools if lactose-intolerant.
<ul style="list-style-type: none"> ☉ Fruits: apples, applesauce, blueberries, grapes, etc. <i>Phytochemicals and other things</i> 	Heart disease	Eating too much of some fruits can cause loose stools.
<ul style="list-style-type: none"> ☉ Fatty fish: bluefish tuna, mackerel, salmon, sardines, etc. Oils: canola, flax seed, walnut, etc. Walnuts, flax seeds, etc. <i>Omega-3 Fatty acids</i> 	Studies in progress for metabolic syndrome in HIV/AIDS. ADHD, diabetes, heart disease, and memory disorders	Too much omega-3 may be bad for the immune system. Bleeding disorders, fishy taste, lowers cholesterol and blood sugar levels, and stomach upset
<ul style="list-style-type: none"> ☉ Oat foods: Oatmeal, oatbran, Metamucil wafers or drink, etc. <i>Soluble fiber</i> 	Diabetes, heart disease	Note: Drink at least 8 ounces of fluid with Metamucil wafers. Lowers cholesterol
<ul style="list-style-type: none"> ☉ Probiotic foods: Sauerkraut, tempeh, yogurt, etc. <i>Lactic acid bacteria</i> 	Bowel function (less loose stools, better digestion), helps the immune system	Reports of serious infections in people with depressed immune systems. Talk with a doctor about probiotic foods. Lowers cholesterol
<ul style="list-style-type: none"> ☉ Soy foods: soy beans, soy drinks, soy hot dogs, burgers, and protein, soy nuts, and tofu, etc. <i>Isoflavones, Phytosterols, etc.</i> 	Bone loss, cancer, and heart disease	May increase the risk of certain cancers. May affect how the thyroid works in the body. Lowers cholesterol
<ul style="list-style-type: none"> ☉ Spreads and supplements: Benecol, Take Control, etc.; Benecol Smart Chews. (2-3 grams/day) <i>Plant Stanol Esters, phytosterols</i> 	Need to eat a low saturated fat and low cholesterol diet to lower cholesterol. Heart disease, and metabolic syndrome	Poor absorption of fat-soluble vitamins possible. May cause health risks for children, people on drugs to lower cholesterol, people predisposed to certain kinds of strokes, and pregnant women.
<ul style="list-style-type: none"> ☉ Vegetables: Broccoli, carrots, garlic (cooked), onion, etc. <i>Phytochemicals and other things</i> 	Cancer and heart disease	Too many vegetables can cause loose stools. Garlic can cause bad breath, body odor, and stomach upset.



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This fact sheet lists some supplements as well. Studies need to see if they are safe for all people. Some of these things may change how drugs work in the body. Ask a health care provider about these things before you take them. Food can also change how drugs work in the body.

Supplement	Most Popular Uses	Some Reported Side Effects
* Algae (a type of seaweed)	Studies in progress in Africa for HIV/AIDS.	May be bad for the immune system. Frequent urination and loose stools
* Carnitine Mostly in animal foods.	Heart disease, HIV/AIDS, memory disorders, metabolic syndrome, weight loss	May affect how the body's thyroid works. To use Carnitine, the body needs to have enough vitamins B3, B6, and C, iron and magnesium. Stomach upset and fishy odor
* Coenzyme Q10 Tiny bits in the body and food. Mostly in: fatty fish (sardines, mackerel), liver, meats, poultry, soy oil, peanuts.	Antioxidant, cancer, hepatitis, HIV/AIDS, metabolic syndrome, obesity, low Q10 levels due to oral diabetic drugs or HMG CoA reductase inhibitors	May affect how the body's thyroid works. To use Q10, the body needs to have enough vitamins B3, B5, B6, C, and folic acid. Low blood pressure, low blood sugar, and stomach upset
* Conjugated Linoleic Acid Polyunsaturated fatty acids mostly in animal products.	Studies in progress for metabolic syndrome in HIV/AIDS. Bone loss (osteoporosis), cancer, diabetes, obesity, and heart disease	No reported bad side effects to date.
* DHEA	HIV/AIDS, metabolic syndrome (research studies in progress)	Not recommended: many bad side effects heart disease, hepatitis, HIV progression , cancers, kidney and liver disease, etc.
* Glutamine Amino acid mostly in body muscle. Mostly in: meats, chicken and fish.	Bowel disorders, build muscle, critical illness/recovery, general health, HIV/AIDS	May not be good for people with liver or kidney disease. May help the growth of rapidly growing tumors.
* N-acetylcysteine Mostly in: animal proteins with whey, eggs, cheese, etc.	HIV/AIDS, liver health, Tylenol overdose	Using NAC and nitroglycerin can cause severe headaches. Stomach upset

Learn more about food and supplements from these resources.

<i>Encyclopedia of Natural Medicine</i>	960 pages of information; about \$25
<i>People's Pharmacy Guide... Remedies</i>	384 pages of remedies; about \$7
ConsumerLab.com	914/722-9149 www.consumerlab.com
Food & Drug Administration	888/463-6332 www.fda.gov
Herb Research Foundation	www.herbs.org