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Many casual and incorrect behaviors or eating behaviors will make you lose a lot of nutrients. For example, milk with synthetic vitamin D will rob magnesium in the body; people living in the city full of dirty smoke receive fewer vitamins than those who live in the countryside, because UV rays of the sun are blocked by the smoke in the air...

1. Eating more fiber leads to calcium loss!

Excessive dietary fiber increases the rate of food going through the intestine, so that the absorption rate of calcium reduces; studies have shown that: when the diets of two adults change from fine bread with low dietary fiber content to crude bread with high fiber content, the calcium (magnesium, zinc and phosphorus) will appear a negative balance then.

2. To eat meat and eggs without control will result in iron â€œget outâ€•!

Most of today's children love to eat meat, and just do not eat vegetables and fruits. Parents also believe that: as long as children eat meat, fish and eggs rich in iron and zinc, it does not matter to eat no vegetables and fruits. The result is: not only the child's weight rises rapidly; children still suffer from iron deficiency anemia after being checked.

Because peopleâ€™s intake of iron in lean meat, animal offal, egg yolk from diets mostly are ferric iron, which cannot easily be absorbed by the body. Only in the case of vitamin C and acid substances (rich in malic acid, tartaric acid, citric acid and other organic acids) existing and ferric iron changing into ferrous iron, ferric iron can be fully absorbed and utilized by the body.

The vitamin C and acid substances mostly are found in vegetables and fruits (such as kiwi, lemon, fresh dates, jujube, orange, strawberry, apple).

3. Smoking and drinking will drive nutrition away!

Long-term smoking and drinking undermine the essential vitamins to maintain good health. Smoking will destroy vitamin C in the bodyâ€”the nutrient that can prevent cancer and heart disease.

Half pack of cigarettes a day will destroy 25 to 100 mg of vitamin C in the body;

If you drink a glass of cocktails or more a day, youâ€™ll experience the euphoria at the price of consuming vitamin B1, B6 and folic acid in the body. Alcoholics being lack of vitamin B1 is quite common.

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Anita - About Author:
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