

NUTRIENT STEALERS

MANY everyday activities 'rob' our body of important nutrients. This week: Drinking alcohol — steals vitamin A.

'LONG-TERM, regular drinking keeps the liver so busy processing the alcohol that it is less effective in its other functions such as storing vitamin A,' says dietitian Jo Travers.

Good sources of vitamin A, also known as retinol, include cheese, eggs and yoghurt.

'It can also affect absorption of B vitamins, which in turn can affect take up of other nutrients. This is because alcohol is a diuretic and B vitamins are water soluble so they get flushed from your system, limiting absorption.'



Vitamin A deficiency can lead to skin problems, cirrhosis (scarring of the liver as a result of long-term damage), poor night vision and lower immunity, while the B vitamins are vital to many functions including keeping the nervous system healthy.

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