

## Older Americans Month: Special Nutrient Needs

As we age our bodies' needs change, in order to have optimal health benefits we need to focus on certain nutrients.

### 5 Essential Nutrients for Older Americans:

1. **Calcium and Vitamin D:** In order to maintain bone health our bodies need calcium and vitamin D. Adults should have 3 servings of vitamin D fortified low-fat or fat-free milk each day. Foods that are also high in these nutrients are yogurt, fortified breakfast cereals, fortified fruit juices and dark leafy greens. If you are taking a calcium supplement it is strongly advised to choose one that contains vitamin D as well.
2. **Vitamin B12:** Most people past age 50 do not get enough B12. Fortified cereal, lean cuts of meat and fish are foods that are high in B12.
3. **Fiber:** Fiber helps our bodies stay regular, prevent heart disease and type 2 diabetes and maintain a healthy weight. Whole grains, beans, vegetables and fruits all contain fiber.
4. **Potassium:** To help lower blood pressure an increased intake of potassium along with a decreased intake of sodium is recommended. Milk, yogurt, fruits and vegetables all contain potassium.
5. **Fats:** Low intake of saturated and trans fats are good to reduce risk of heart disease. Check the nutrition facts panel to ensure that the foods you are low in these types of fats.

