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## SENIOR HEALTH

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# Nutrition

## HOW TO MEET YOUR SPECIAL NEEDS

### **CALCIUM**

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Calcium has special importance for older adults. Inadequate calcium intake can lead to osteoporosis. Women, in particular, are susceptible to calcium deficiency and, after menopause, should have 1500 milligrams per day. It's recommended that other healthy adults consume 1000 milligrams per day. Dairy products, salmon, broccoli and dark, leafy green vegetables are all good sources of calcium.

### **FIBER**

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It's recommended that adults consume 20 to 35 grams of fiber per day. Some sources of fiber are fruits, vegetables, whole-grain breads and cereals.

### **PROTEIN**

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Protein should only account for about 12 to 15 percent of your calories each day. Too much protein may stress your kidneys. Protein foods include meat, fish, poultry, eggs and dairy.

### **VITAMIN D**

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This vitamin comes from foods you eat and from sunlight. If you're spending less time in the sun, make sure you're getting Vitamin D in your diet. Vitamin D is found in fortified milk, egg yolks, liver and many types of seafood. The recommended amount of Vitamin D is 200 IU.

### **B VITAMINS**

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Older adults frequently don't take in enough Vitamin B6 and B12. Vitamin B6 is found in meat, liver, vegetables, legumes, potatoes, winter squash and bananas, to name a few sources. Vitamin B6 helps boost the immune system. It has also been linked to the prevention of kidney stones and skin and bladder cancer. Only 2 milligrams are needed per day. Vitamin B12 is necessary for the development of red blood cells. It's found in fish, meat, milk, cheese and yogurt. The recommended dietary allowance (RDA) of Vitamin B12 is 2 micrograms.

### **VITAMIN C**

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This vitamin has been linked to reduced cancer risk, the healing of wounds and the lowering of cholesterol levels. Vitamin C is found in oranges, grapefruit, cantaloupes, strawberries, dark green vegetables, peppers, brussels sprouts, cauliflower, tomatoes and turnip greens. You can get all the Vitamin C you need by eating a daily 3- to 4-ounce serving of the foods named. The RDA is 60 milligrams.

### **VITAMIN A**

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This vitamin has also been linked to reduced cancer risk. Vitamin A also helps night blindness and other vision problems. This vitamin is abundant in liver, kidney meat, milk and cheese. The recommended amount is 5000 IU.