
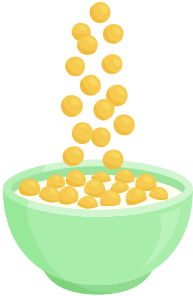



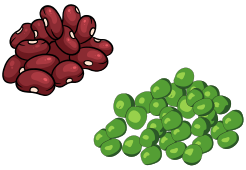
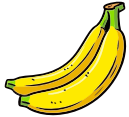



Key Nutrients as You Age and Their Food Sources

Nutrient	How much per day:	Food sources include:
<p>Vitamin B12</p> 	<p>Adults: 2.4 mcg (micrograms)</p>	<ul style="list-style-type: none"> • Animal foods such as meat, poultry, eggs, and dairy products • Fortified foods, including some breakfast cereals and non-dairy “milks”
<p>Folate/ Folic Acid</p> 	<p>Adults: 400 mcg</p>	<ul style="list-style-type: none"> • Fortified breakfast cereals • Enriched bread, flour (including corn masa flour), pasta • Beef liver • Vegetables including asparagus, brussels sprouts, spinach, and mustard greens • Peanuts • Black-eyed peas, kidney beans
<p>Calcium</p> 	<p>Adults 50 & younger: 1,000 mg (milligrams)</p> <p>Adult men 51-70: 1,000 mg</p> <p>Adult women 51-70: 1,200 mg</p> <p>Adults 71 & older: 1,200 mg</p>	<ul style="list-style-type: none"> • Dairy products • Fortified beverages including some juices and non-dairy “milks” • Fortified products such as tofu and breakfast cereals • Canned sardines and salmon with bones • Some vegetables including kale, broccoli, and bok choy
<p>Vitamin D</p> 	<p>Adults up to age 70: 15 mcg (600 IU (International Units))</p> <p>Adults 71 and older: 20 mcg (800 IU)</p>	<ul style="list-style-type: none"> • Fortified foods, including milk, many plant-based “milks”, and breakfast cereals • Fatty fish such as salmon and tuna
<p>Magnesium</p> 	<p>Men: 400-420 mg</p> <p>Women: 310-320 mg</p>	<ul style="list-style-type: none"> • Green leafy vegetables • Whole grains • Nuts and seeds • Milk, yogurt • Legumes • Fortified foods

Key Nutrients as You Age and Their Food Sources

Nutrient	How much per day:	Food sources include:
Fiber 	Adult men over 50: 28 grams Adult women over 50: 22 grams	<ul style="list-style-type: none"> • Beans and peas • Nuts • Whole grains • Fruits • Vegetables
Potassium 	Adult men: 3,400 mg Adult women: 2,600 mg	<ul style="list-style-type: none"> • Fruits • Beans and legumes • Milk and yogurt • Vegetables • Nuts • Fish, meat, and poultry
Omega-3 Fats 	There are not official recommended amounts for most of the omega-3 fatty acids	<ul style="list-style-type: none"> • Flaxseed • Walnuts • Some plant-based oils: flaxseed oil, soybean oil, canola oil • Chia seeds • Fortified foods • Fish such as salmon, tuna, and sardines

Vitamin B12 - Vitamin B12 is important for the health of the nervous system and red blood cell formation.

Folate - Folate (vitamin B-9) is important in red blood cell formation and healthy cell growth and function.

Calcium - Calcium is a mineral involved in bone and muscle health.

Vitamin D is a fat-soluble vitamin that regulates the absorption of calcium and phosphorus and facilitates normal immune system function.

Magnesium - Magnesium is a mineral that helps with muscle and nerve function, regulates blood pressure, and supports the immune system.

Fiber—Dietary fiber is a carbohydrate that helps the body with digestion, makes you feel full, and prevents constipation.

Potassium - This mineral helps the body regulate fluid, send nerve signals, and regulate muscle contractions.

Omega-3 Fats - Omega-3 fatty acids are “healthy fats” that may support your heart health.

Complied by Community Vitality & Health
Extension Educator Vicki Hayman



Extension
Weston County

The University of Wyoming is an equal opportunity/ affirmative action institution

(Sources: National Institute on Aging; National Institutes of Health, Office of Dietary Supplements; National Osteoporosis Foundation; U.S. Department of Agriculture; WebMD)