
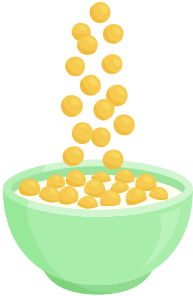



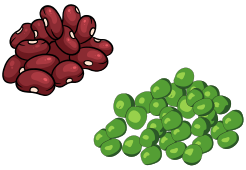




Key Nutrients as You Age and Their Food Sources

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.

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



UNIVERSITY
OF WYOMING

Extension

Complied by Community Vitality & Health Extension
Educator Vicki Hayman

Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Mandy Marney, Director, University of Wyoming Extension, College of Agriculture, Life Sciences and Natural Resources, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

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