

Five Important Nutrients for Older Adults



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1

Calcium

Maintaining bone health is especially important as you age. Adequate calcium intake will help maintain your bone strength as you grow older. Aim for three servings of low-fat or fat-free milk or yogurt daily. Other foods rich in calcium include fortified cereals, leafy green vegetables, and canned fish. Talk to your doctor about taking a calcium supplement too.

2

Vitamin B12

As you grow older, your body may not absorb vitamin B12 as well as it used to. As a result, many older adults do not get enough vitamin B12. Good sources of vitamin B12 in your diet include fortified cereal, fish and seafood, lean meat, and some dairy products. Certain medications can also affect the absorption of vitamin B12, so talk to your doctor about taking a vitamin B12 supplement.

3

Vitamin D

Like calcium, vitamin D is also important for bone health. Exposure to sunlight is a great way to increase your vitamin D levels. Also include three servings of vitamin D-fortified low-fat or fat-free milk in your diet each day. If you take a multivitamin, look for one that contains vitamin D.

4

Fiber

There are many health benefits to fiber that are important as you age. A lower risk for heart disease, better weight control, improved digestive health and prevention of type 2 diabetes are among its benefits. Include whole-grain breads, beans and peas, and fresh fruits and vegetables for adequate fiber in your diet.

5

Potassium

Fresh fruits, vegetables and low-fat dairy are good sources of potassium. An increased potassium intake is important as you age to help manage your blood pressure. Increasing your potassium intake along with lowering salt in your diet can reduce your risk of high blood pressure.