

3 Key Nutrients Adults over 50 need to consider for supplementation

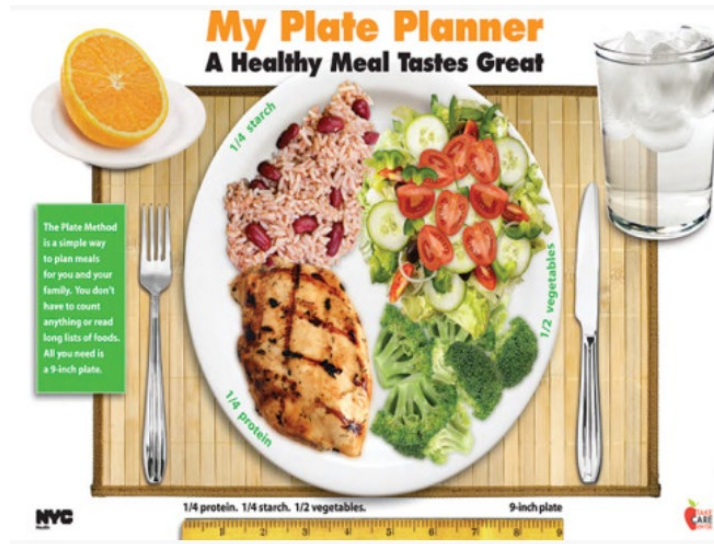
- Calcium Fact Sheet for Consumers—National Institutes of Health
<https://ods.od.nih.gov/pdf/factsheets/Calcium-Consumer.pdf>
- Vitamin D Fact Sheet for Consumers—National Institutes of Health
<https://ods.od.nih.gov/pdf/factsheets/VitaminD-Consumer.pdf>
**Note—many experts in the Vitamin D research think the amount for older adults to supplement each day is 1000IU/day (a little higher than in this fact sheet).*
- B12 Fact Sheet for Consumers—National Institutes of Health
<https://ods.od.nih.gov/pdf/factsheets/VitaminB12-Consumer.pdf>

Protein—USDA

<https://www.nutrition.gov/topics/whats-food/proteins>

**Note—Lean protein sources consumed over the course of the day (not all at one meal) is recommended for best metabolism and utilization in general but especially for adults 50+. Breakfast is often the meal void of protein. Adequate daily protein intake AND resistance exercise help preserve lean muscle mass as we age, which is directly associated with fall prevention, functional independence and strength, strong immune system and wound healing capacity. Please consult your doctor and an expert to determine the best exercise routine for you. And don't forget about cardio! Keep your heart and brain strong!*

Eat a variety of colorful fruits and vegetables. Below is a good example of the ratio of protein, carbohydrate and non-starchy vegetables. *Note, if your vegetable is potatoes, peas, corn, or beans—these wonderful food components would fit in the 'starch' category and you'd still need non-starchy vegetables (basically, most any other veggies).*



Mini Nutrition Assessment (MNA)-- <https://www.mna-elderly.com/>

Note—for a training guide more suitable for the community setting, please email Seanna: smarceaux@mealsonwheelscentraltexas.org

USDA Food Security Survey—

<https://www.ers.usda.gov/topics/food-nutrition-assistance/food-security-in-the-u-s/survey-tools/#six>

Note: for a user and reader-friendly version, please email Seanna: smarceaux@mealsonwheelscentraltexas.org