

Nutrients for the over 50's



Calcium and Vitamin D

- Helps maintain bone health
- Aim to eat three servings of low-fat or fat-free dairy products every day
- Also found in fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones, fortified plant-based beverage
- If you take a calcium supplement or multivitamin, choose one that contains vitamin D

Vitamin B12

- Some adults older than 50 may not be able to absorb enough vitamin B12
- Eat fortified cereal, lean meat and some fish and seafood
- Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement

Dietary Fibre

- Eat fibre-rich foods to stay regular
- Lowers your risk for heart disease and Type 2 diabetes
- Eat whole-grain breads and cereals, beans, peas, fruits and vegetables

Potassium

- Consumed adequately, potassium along with limited salt intake may lower your risk of high blood pressure
- Eat fruits, vegetables, beans and low-fat or fat-free dairy products are good sources of potassium
- Select and prepare foods with little or no added salt, add flavour to food with herbs and spices instead

Know Your Fats

- Most of the fats you eat should be polyunsaturated and monounsaturated fats
- Found in nuts, seeds, avocados, vegetable oils and fish
- Choose foods that are low in saturated fat and trans-fat to help reduce your risk of heart disease