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Summer

Nutrition Newsletter

For Seniors



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Important Nutrients as You Age



CALCIUM & VITAMIN D



- **Functions:**
 - Important for bone health and reducing your risk of fractures
- **Sources of Calcium:**
 - Dairy products (milk, cheese, yogurt)
 - Green leafy vegetables
 - Sardines
- **Sources of Vitamin D:**
 - Sunlight
 - Salmon, mackerel, tuna
 - Fortified milk

Talk to your doctor or dietitian for more ways to get enough of these nutrients!

VITAMIN B12



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- **Functions:**
 - Helps maintain energy levels
 - Prevents memory loss
 - Boosts brain health
 - Produces red blood cells & prevents anemia
 - Helps prevent depression
- **Sources of Vitamin B12:**
 - Mackerel, salmon
 - Meat
 - Eggs
 - Fortified cereal

HELPFUL TIPS

TO STAY HEALTHY AS YOU AGE



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1. MAINTAIN AN ACTIVE LIFESTYLE

- Staying physically active helps you maintain strong muscles and bones
- Ways to stay physically active include:
 - Going for walks outside
 - Swimming
 - Gardening
 - Yoga

2. EAT A BALANCED DIET

- Eat a wide variety of fruits and vegetables
- Include whole grains, protein, and dairy in your meals
- Enjoy the occasional sweet 😊

3. STAY SOCIALLY ACTIVE

- Join local clubs and community groups to stay involved with individuals in your area
- Keep in touch daily with family and friends

4. GET QUALITY SLEEP AND REST

- Sleep is very important for our health - it prevents memory problems, depression, and irritability
- It is recommended that seniors get 7-9 hours of sleep each night

5. REDUCE STRESS

- Long-term stress can lead to memory loss, fatigue, and unhappiness
- Exercise, adequate nutrition, and getting enough sleep help to prevent stress
- Support from friends, family, and counselors can help you find ways to manage stress