

TOP NUTRITION TIPS FOR AGING WELL



When it comes to diet,
QUALITY
over
QUANTITY

With lifestyle changes that come with transition to older adulthood, nutrition needs may be different at this stage.

Key dietary elements that are important to keep up with as you age include:

Vitamin B12 is responsible for red blood cell formation, cellular metabolism, nerve/cognitive functioning, bone health, and more.

Vitamin B12 rich foods:

Treatment may include:

- B12 Intramuscular injections
- Supplements
- Increase B12-rich sources of food



Milk products



Eggs



B12-fortified grain products



Soy products



Seafood



A variety of meats



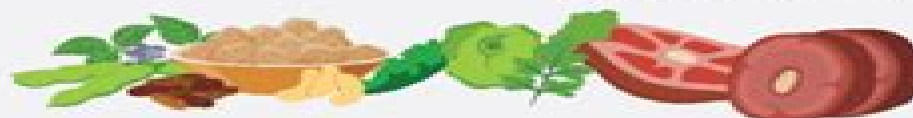
* Aim for 2.4 mcg daily for men and women.



Iron plays a vital role in blood production. It can help reduce feelings of tiredness or exhaustion.

Treatment may include:

- An iron-rich diet
- Use of prescribed iron pills



Iron-rich foods: dried fruits, meat, beans, lentils, iron-fortified cereals, and dark leafy green vegetables.

* The recommended iron for seniors is 8 mg daily for both men and women (post-menopausal).

Nutrition In Gerontology Aging

R Sanford



Nutrition In Gerontology Aging:

Embracing the Melody of Phrase: An Mental Symphony within **Nutrition In Gerontology Aging**

In a global consumed by screens and the ceaseless chatter of instant conversation, the melodic splendor and emotional symphony created by the written word frequently diminish into the background, eclipsed by the relentless sound and disturbances that permeate our lives. Nevertheless, situated within the pages of **Nutrition In Gerontology Aging** a charming literary prize filled with raw feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this charming masterpiece conducts visitors on a psychological trip, skillfully unraveling the hidden tunes and profound influence resonating within each cautiously crafted phrase. Within the depths of the poignant assessment, we will investigate the book is key harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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