TOP NUTRITION TIPS FOR AGING WELL





Milk products

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.

Treatment may include:

- · B12 intramuscular injections
- · Supplements
- · Increase B12-rich sources of food

Soy products

Vitamin B12 rich foods: Description and

B12-fortified grain products

A variety of meats

Eggs

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





Seafood

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

J Dewey

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