

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



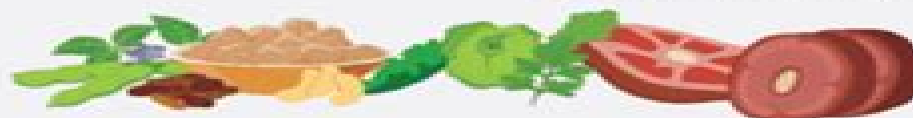
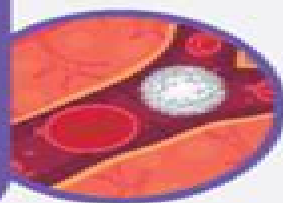
* Aim for 2.4 mcg daily for men and women.



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

Jiyuan Zhang



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