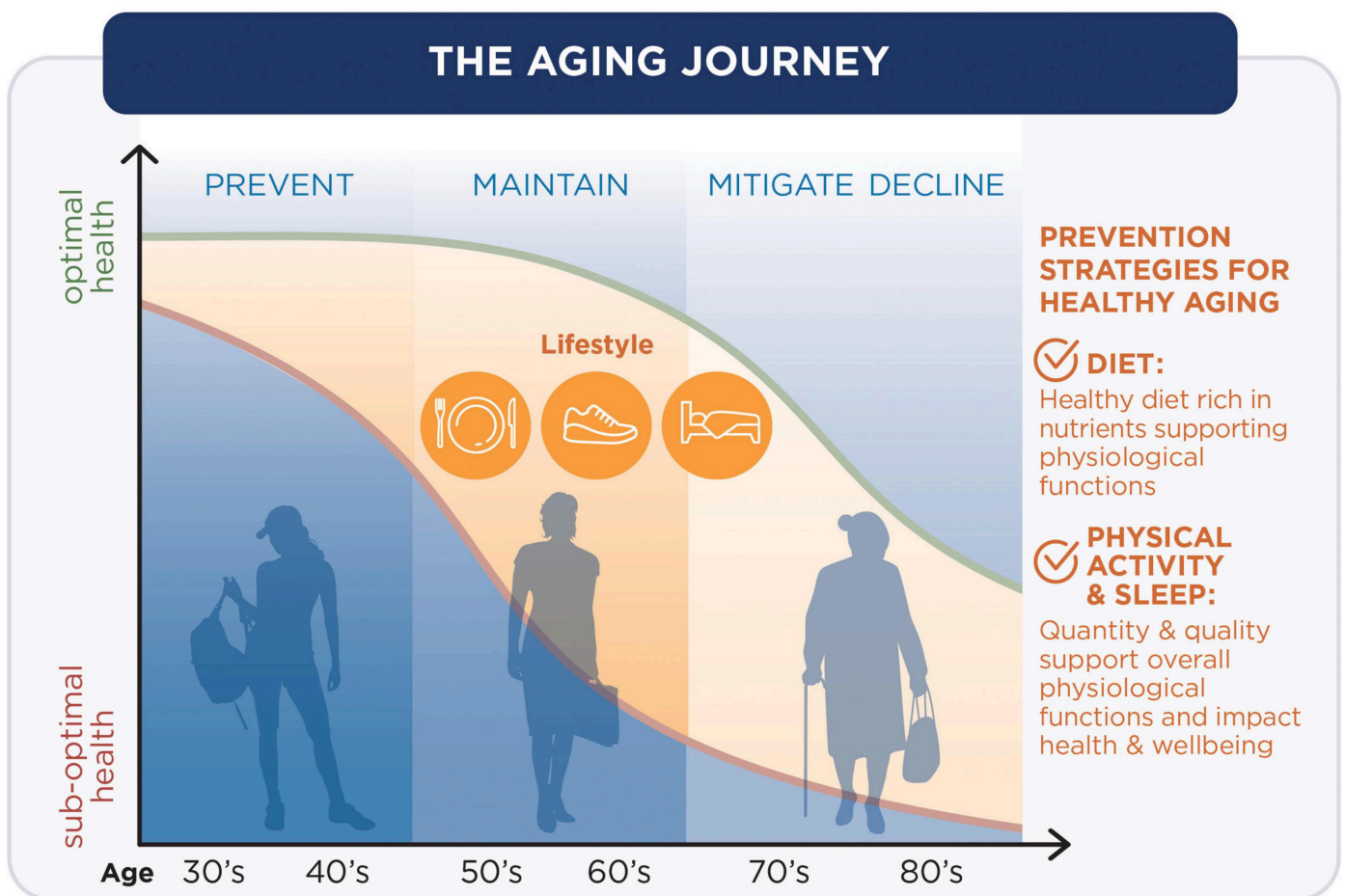
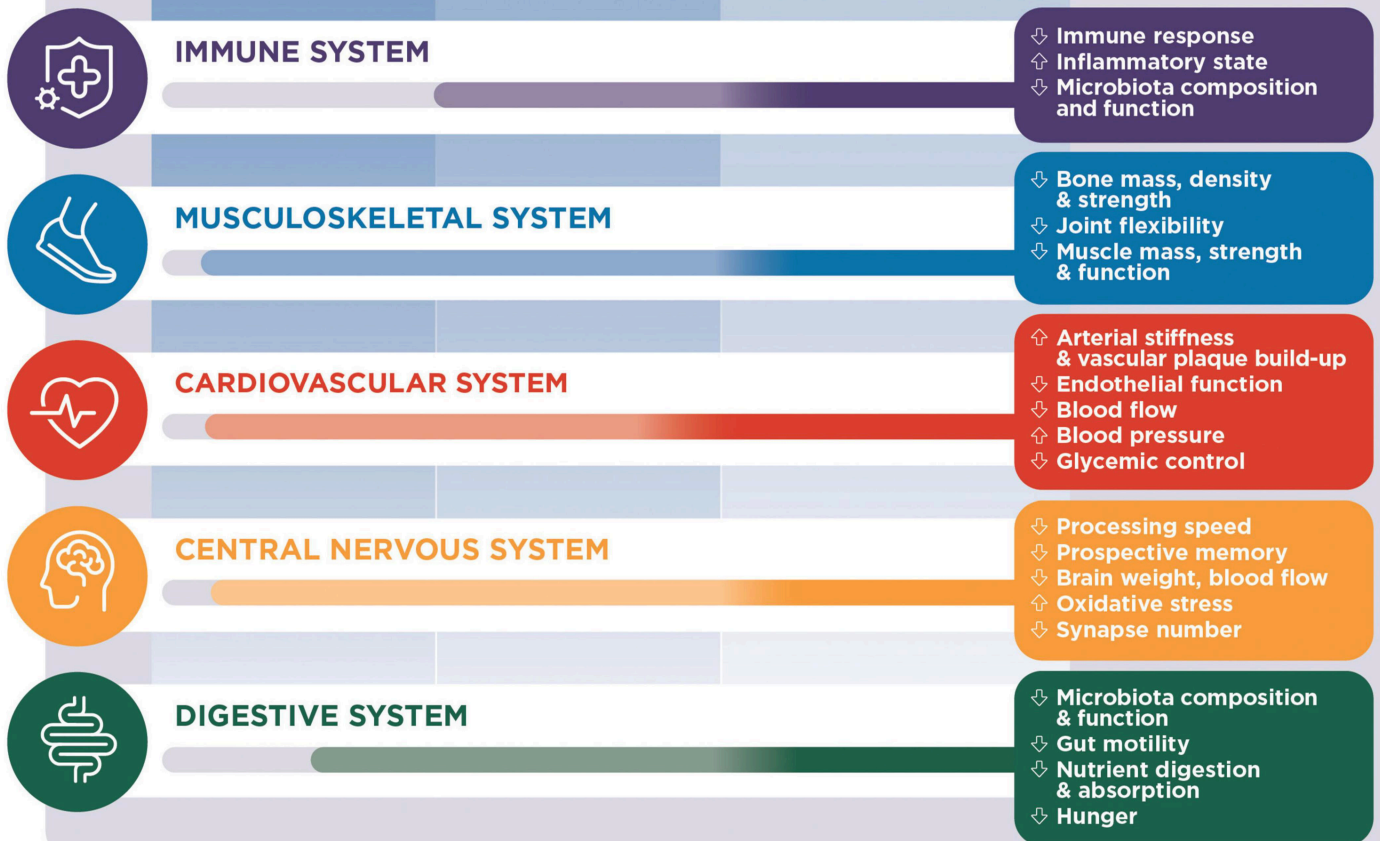


Nutrition and Aging



KEY PHYSIOLOGICAL CHANGES IN:



Keep in Mind...

For a significant portion of people, overnutrition - not undernutrition - will be the biggest risk factor for age-related health issues. Nutrients to consume in moderation throughout the lifecycle include:

- Added sugar
- Sodium
- Trans fats
- Saturated fats, especially from highly processed foods
- Alcohol



Nutrition Needs By Age Group

Early Adulthood (Ages 19 to 30 years)

- **Caloric Needs:** Generally high due to continued growth and physical activity.
- **Calcium:** Important for optimizing bone density.
- **Iron:** Particularly important for women, due to menstruation.
- **Folate:** Critical for women of child-bearing age to prevent neural tube defects.
- **Potassium:** Needed for proper kidney and heart function, muscle contraction and nerve transmission.

Middle Adulthood (Ages 31 to 50 years)

- **Caloric Needs:** Tend to stabilize unless physical activity or muscle mass changes.
- **Fiber:** Aids in digestive health and lowers risk of chronic diseases.
- **Calcium and Vitamin D:** Important for maintaining bone health.
- **Magnesium:** Supports muscle and nerve function, bone health and glucose regulation; needs increase starting at age 31.
- **Potassium:** Can help regulate blood pressure as you age.









Older Adults (Ages 51 and older)

- **Caloric Needs:** Decrease due to decreased muscle mass and activity levels.
- **Protein:** Needed to maintain muscle mass and strength.
- **Fiber:** Important for digestive health and preventing constipation.
- **Fluids:** Increased risk of dehydration; adequate hydration is crucial.
- **Calcium and Vitamin D:** Critical for bone health and to prevent osteoporosis.
- **Vitamin B12:** Absorption decreases with age, increasing risk for anemia; supplementation may be needed.

Elderly (Ages 65 and older)

- **Caloric Needs:** Further decrease, but nutrient density becomes crucial as malnutrition risk increases.
- **Protein:** More important than ever for maintaining muscle mass and strength.
- **Fiber:** Essential for digestive health and maintaining regular bowel movements.
- **Fluids:** Increased risk of dehydration; thirst sensation may diminish.
- **Vitamin D:** Needed for immune function and bone strength; needs increase starting at age 70 and supplementation may be needed.
- **Vitamin B12:** Reduced absorption increases risk of anemia; often needs supplementation.

Key Nutrients as You Age and Their Food Sources

Nutrient	How much per day:	Food sources include:
Vitamin B12 	2.4 micrograms (mcg)	<ul style="list-style-type: none"> • Animal foods such as meat, poultry, eggs, and dairy products • Fortified foods including some breakfast cereals and non-dairy “milks”
Folate/ Folic Acid 	400 mcg	<ul style="list-style-type: none"> • Fortified breakfast cereals • Enriched bread, flour (including corn masa flour), pasta • Beef liver • Vegetables including asparagus, Brussels sprouts, spinach, and mustard greens • Peanuts • Black-eyed peas, kidney beans
Calcium 	Adults 50 and younger: 1,000 mg Adults 51 and older: 1,200 mg	<ul style="list-style-type: none"> • Dairy products • Fortified beverages including some juices and non-dairy “milks” • Fortified products such as some tofu and breakfast cereals • Canned sardines and salmon with bones • Some vegetables including kale, broccoli, and bok choy
Vitamin D 	Adults up to age 70: 15 mcg Adults 71 and older: 20 mcg	<ul style="list-style-type: none"> • Fortified foods, including milk, many plant-based “milks,” and breakfast cereals • Fatty fish such as salmon and tuna
Potassium 	Men: 3,400 mg Women: 2,600 mg	<ul style="list-style-type: none"> • Fruits • Beans and legumes • Milk and yogurt • Vegetables • Fish, meat, and poultry • Nuts
Magnesium 	Men: 400-420 mg Women: 310-320 mg	<ul style="list-style-type: none"> • Green leafy vegetables • Whole grains • Milk, yogurt • Nuts and seeds • Legumes
Fiber 	14 grams of fiber for every 1,000 calories. For instance, if you get 2,000 calories per day, you should get 28 grams of fiber.	<ul style="list-style-type: none"> • Beans and peas • Nuts • Whole grains • Fruit • Vegetables
Omega-3 Fats 	There aren't official recommended amounts for most of the omega-3 fatty acids.	<ul style="list-style-type: none"> • Flaxseed • Walnuts • Some plant-based oils: flaxseed oil, soybean oil, canola oil • Chia seeds • Fortified foods • Fish such as salmon, tuna, and sardines