

A diet for lifetime health



Some older adults have low intakes of protein, vitamins B12 and D, calcium, potassium, and dietary fiber. Aim to include good sources of these nutrients in your diet:

- Milk, eggs, lean meats, chicken, and seafood are excellent sources of protein, vitamin B12, and provide some vitamin D. Beans, lentils, soy foods, nuts, and seeds are also good protein sources. Fortified breakfast cereals and fortified nutritional yeasts are other sources of vitamin B12.
- Good sources of potassium include many types of vegetables and fruit, along with whole grain foods, beans, and lentils.
- Milk, including fortified plant milks, are rich sources of calcium and vitamin D. Sometimes, a vitamin D supplement is also recommended.
- Fiber-rich foods include fruit, vegetables, whole grains, beans, and lentils.

