



## How much Calcium and Vitamin D do you need?

### Recommended daily amount

#### Age 51 to 70

Calcium: 1,200 mg

Vitamin D: 400 IU

#### Over 70

Calcium: 1,200 mg

Vitamin D: 800 IU

Dairy foods provide the nutrients for bone health in the form and balance that are most available to the body.

#### One 8-ounce glass of milk

Calcium: 300 mg

Vitamin D: 100 IU

It takes four glasses of milk a day to meet the recommendations for calcium and vitamin D for people aged 51 to 70. Ask your doctor if you need a supplement to meet your needs for calcium and vitamin D. It's very common for older adults to need the use of supplements to meet their needs for both calcium and Vitamin D.

## Foods and Dietary Supplements for Healthy Aging

### As you age, your food needs change:

- You may need fewer calories because of a more sedentary lifestyle.
- Your body may not be able to absorb all the nutrients from food as efficiently as when you were younger.
- You need to increase lean protein foods to protect muscle tissue.

### To get the nutrients you need for good health each day:

**Eat a variety of whole foods including five to nine fruits and vegetables and three or more whole grain foods.**

- Fruits, vegetables and whole grain foods contain not only vitamins, minerals and fiber, but also hundreds of disease-fighting phytochemicals. The health-promoting benefits come from the interaction of the many phytochemicals in the food.
- Choose a variety of fruits and vegetables at each meal and as snacks in between. Eat a fortified whole grain cereal for breakfast, whole grain crackers for a snack, and whole grain bread or other whole grains like barley at dinner.

### Get enough calcium, and vitamin D.

- Dairy foods, green vegetables and calcium-fortified foods provide calcium and vitamin D that help maintain bone health and may protect against hypertension and some types of cancer.

### Get enough lean protein.

- As we age, we naturally lose muscle mass and strength due to a combination of reduced muscle response to protein intake, changing hormones and for some, less physical activity. Called sarcopenia, this gradual loss of muscle mass has been credited with a many health problems, including insulin resistance, low bone density, falls and fractures – even death.



## Are other dietary supplements helpful?

The promise of many dietary supplements can sound appealing but they are not simple solutions to health problems.

It is best to talk with your doctor before taking any supplement to avoid potentially harmful reactions or interactions with other medication you may be taking.

### Tips:

- Research supports that nutrient absorption from food is higher than from supplements.
- Take supplement with food to improve absorption and gastrointestinal distress.
- Separate calcium and iron supplement intake by several hours so each mineral has the opportunity for increased absorption.
- Store in a dry, cool location and honor expiration dates.

### Trusted sites for more information:

- <https://ods.od.nih.gov/factsheets/list-all/>
- <https://ods.od.nih.gov/factsheets/MVMS-Consumer/>
- <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm050803.htm>
- <http://www.consumerlab.com/>

## Getting Enough Vitamin B12?

Vitamin B<sub>12</sub> is found in meat, poultry, fish and dairy foods. As we age, atrophic gastritis, a condition that damages stomach cells, decreases the body's ability to digest the natural chemical form of Vitamin B<sub>12</sub>. After age 50, you may need to get vitamin B<sub>12</sub> in a crystalline form by eating fortified breakfast cereals and taking a multivitamin supplement.

**Talk with your doctor about your need for a vitamin B<sub>12</sub> dietary supplement or injection.**



*Healthy living comes from choosing foods to maintain a healthy weight, staying physically active and mentally challenged, and having social connections with other people.*



## Use Tips

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## Choosing a Multi-Vitamin Mineral Supplement

### Shopping Tips

- **No more than 100% of:**
  - thiamin
  - riboflavin
  - niacin
  - B<sub>6</sub>
  - B<sub>12</sub>
  - folic acid
  - zinc
  - copper
  - iodine
  - selenium
  - chromium
- 200% of vitamin D<sub>3</sub>
- No more than 3,000–5,000 IU of vitamin A — make sure at least 20% is from beta-carotene
- 25% of vitamin K, calcium and magnesium is adequate
- 250 mg of vitamin C is plenty
- No more than 200 mg of B<sub>6</sub>
- No more than 200 mcg of selenium
- No more than 9 mg zinc
- No more than 50% for iron for men and post-menopausal women





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- **Ignore:**
  - nickel
  - silicon
  - tin
  - vanadium
  - molybdenum
  - boron
  - biotin
  - pantothenic
  - acid
  - iodine
  - manganese
  - chloride
- Generic or store brands are fine – compare labels.
- Look for USP logo on products.
- Look for “added starch” – improves absorption.
- Natural vitamin E is better; Folic acid and B12 synthetic is best – for all others the body can’t distinguish a difference.
- **These terms mean nothing:**
  - stress formula
  - sugar free
  - super potency
  - senior formula
  - all natural
  - slow-release/time release
  - chelated
  - for women only
  - for men only
  - added phytochemicals or antioxidants
- **1,000 mcg = 1 mg and 1,000 mg = 1 g**



## Vitamin Power Smoothie

*Makes 2 servings*

### Ingredients

- 1 cup frozen or canned pineapple
- 1 cup frozen mango
- 1 banana
- 1 cup plain (or vanilla) Greek yogurt
- 1 cup fresh baby spinach
- 1 cup orange juice or milk



### Directions

1. Peel and slice the banana.
2. Combine all ingredients in a blender. Cover and blend until smooth. You can substitute any kind of fruit you have on hand in this recipe. Experiment with mixing and matching flavors!