

NUTRITION TO GO

The Scoop on Supplements

Listed below are common foods, vitamins, and minerals that are important for older adults. If you do not eat a lot of these foods you might think that you need a supplement. Continue reading to find out if you should talk to your doctor about a supplement.

Vitamin B12

Vitamin B12 gives your body energy and is important for brain health. Older adults who take certain medications are at a higher risk for low level of vitamin B12.

Lean Meats Salmon Yogurt Milk



Tuna Eggs (with yolk) Cheese Fortified Cereal

Protein

Protein helps you feel full and stay strong. Try to eat both lean animal protein and plant-based protein foods.



Chicken Turkey Fish Shellfish Eggs



Steak Pork Beans Seeds Nuts

Calcium and Vitamin D

Calcium and vitamin D work together to keep your bones strong and protect you from falls. Sunlight is a great source of vitamin D. However, it might be hard to get enough vitamin D during the winter.

Calcium → Milk Cheese Yogurt Figs Spinach Okra

Vitamin D → Fortified Milk Fortified Non-Dairy Milk (soy, almond, oat) Egg Yolk Fortified Orange Juice



What is fortification?

Adding vitamins and/or minerals that are not naturally in the food or drink

Do I Need a Supplement?

If you eat or drink many sources of vitamin B12, protein, calcium, or vitamin D you may not need one. Talk to your doctor if:

- You have any concerns.
- You do not eat any meat, eggs, cheese, milk, or yogurt.
- You take a medication that lowers how much acid your stomach makes.



Chicken Alfredo Pasta

Servings per recipe: 8 Prep time: 10 minutes
Serving size: 1 cup Cook time: 5-10 minutes



Ingredients

½ box whole wheat pasta
1 cup non-fat milk
4 ounces low-fat cream cheese, cubed
1 (16-ounce) bag of frozen broccoli florets, partially defrosted
½ cup parmesan cheese
1 teaspoon garlic powder
½ teaspoon salt
¼ teaspoon pepper
1 (10 ounce) can chicken, drained
OR 1 pound boneless skinless chicken breasts, cooked and cubed

Directions

1. Cook pasta using directions on package.
2. Drain the water from the pasta. Set aside.
3. In a saucepan, add milk and cream cheese. Stir the mixture constantly on low heat until thick and smooth.
4. Add the frozen broccoli and continue stirring on low heat.
5. Add the parmesan cheese, garlic powder, salt, and pepper. Stir mixture until blended. Then add in the chicken and pasta. Stir to mix.
6. Serve warm and enjoy!

This recipe is high in calcium, vitamin D, vitamin B12, and protein.