

Key nutrients for older adults

Good nutrition is essential for good health throughout life. As you get older, some nutrients become more important for maintaining independence, energy levels and wellbeing. They are:



1. Protein

- Protein prevents muscle loss, helps to maintain strength and reduces your risk of falls.
- To ensure you're eating enough protein, fill a quarter of your plate at each main meal with protein-rich foods.
- **Food sources:** *Meat, seafood, eggs, cheese, milk, yoghurt, tofu, legumes, nuts and seeds.*

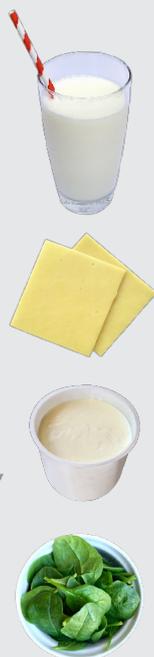
2. Omega-3 Fats

- Omega-3 fats are important for brain function and memory. They also reduce your risk of heart disease, diabetes and arthritis.
- Aim for at least two servings of oily fish a week to get enough omega-3s.
- **Food sources:** *salmon, tuna, sardines, mackerel, shellfish, flaxseed, walnuts and soybeans.*



3. Calcium

- Calcium is vital for bone health. Eating enough reduces your risk of osteoporosis and fractures.
- Dairy foods and fortified alternatives are the best sources of calcium. You should eat four serves of these foods every day.
- **Food sources:** *milk, yoghurt, cheese, calcium-fortified plant-based milks and cereals, tinned salmon with edible bones and dark green leafy vegetables.*



4. Vitamin D

- Vitamin D helps your body absorb calcium, so is essential for bone health.
- Known as the 'sunshine' vitamin, you get most of your Vitamin D from the sun.
- **Food sources:** *eggs, salmon, sardines, liver and vitamin D-fortified foods like margarine.*

5. Vitamin B12

- Vitamin B12 helps to create red blood cells which carry oxygen. It is also important for nerve function.
- Vitamin B12 is only found in animal foods. If you follow a vegan diet, it is essential that you consume foods fortified with Vitamin B12 or a supplement.
- **Food sources:** *meat, fish, milk, cheese and eggs.*