



According to the New 2020-2025 Dietary Guidelines for Americans:

“Make Every Bite Count”

To “Make Every Bite Count”, the following foods and nutrients are important for older adults. Ample protein and Vitamin B12 are critical for this age group. Incorporate these things in your daily diet to improve your diet and overall health:

Fiber and whole grains function to prevent constipation, help lower cholesterol levels, manage blood sugar, and keep you at a healthy weight. Whole grains are a great source of fiber and rich in B-vitamins. Fortified breads and cereals are a great source of vitamin B12. B-6 and folate are key to keeping your brain healthy. Whole grains could also lessen your chances of getting heart disease, cancer, and diabetes. Food examples are fruits and veggies, legumes, oatmeal, nuts, and breads and cereals labeled “whole grain”.

Water functions to cushion your joints, helps control your body temperature, and to maintain proper hydration.

Fish like salmon, albacore tuna, herring, and farmed trout should be on your menu twice a week. They're high in healthy fatty acids that are good for your brain. These foods also provide vitamin D which your body needs in combination with calcium to keep your bones healthy.

Lean protein-rich foods, also a good source of vitamin B12, fight the natural muscle loss that happens as you get older. Best sources are eggs, lean meat, and dairy products. Choose real foods over protein powders as it may not give you as many nutrients.

Dairy products contain calcium which helps keep your bones healthy to lower your risk of osteoporosis. Sources include cheese, yogurt, calcium fortified almond and soy milks and calcium fortified orange juice.

Colorful fruits and vegetables, red, orange, dark green and purple are the colors to look for when selecting produce. Brightly colored fruits and vegetables contain disease fighting substances that could lower your risk of some types of cancer, stroke, and certain eye diseases.

Cruciferous vegetables like broccoli, Brussels sprouts, and cauliflower contain chemicals that help to boost your immune system, and which may lower your risk of some types of cancer.

