

Helping
Older
Adults
Eat Well

A Caregiver's
Guide to Better
Nutrition

Milestones Area
Agency on Aging

Protein is important for older adults (ages 60 and older) because:

It helps maintain muscle mass and keep bodies strong.

It supports the immune system.

It helps blood carry oxygen around the body.



Good Sources of Protein include:

Chicken

Beef

Fish

Beans

Peas

Lentils

Milk

Yogurt

Cheese



In addition to protein, milk provides important nutrients such as calcium and vitamin D.



Eating a wide variety of foods that are good sources of protein can help provide more of the nutrients your body needs.



Vitamin B-12 is important because:

It helps your body make red blood cells.

Your body also needs vitamin B-12 to keep your nerves healthy and for other important functions.



Vitamin B-12 can be a nutrient of concern for some older adults (ages 60 and older) because:

The ability to absorb vitamin B-12 can decrease with age.

Taking certain medications can also decrease absorption of vitamin B-12.

Older adults are encouraged to talk with their healthcare provider to determine if a vitamin B-12 supplement is needed.



Benefits of staying hydrated:


1. Improved brain function
 2. Digestive harmony
 3. More energy
 4. Weight management
 5. Decreased joint pain
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Up to 75% of American adults are chronically dehydrated.



**Fruits and
vegetables can
help you stay
hydrated.**





Further
Reading

National Council on Aging
(NCOA): Helping Older Adults
Eat Well.

National Institutes of Health
(NIH): Malnutrition in Older
Adults

