

Foods and Dietary Supplements for Healthy Aging

ADVICE: Eat seven to 10 servings of fruits and vegetables daily

WHY? They have fiber, vitamins, minerals, and phytochemicals that help prevent and manage many age-related disorders.

HOW? Include fruits at breakfast, fruits and vegetables for snacks, and at least two to three fruits and vegetables with the mid-day and evening meals. Typical servings sizes are one piece of fruit, ½ cup of juice, ½ cup of cooked vegetables, or one cup of raw leafy greens.



ADVICE: Eat three servings of whole grain foods daily

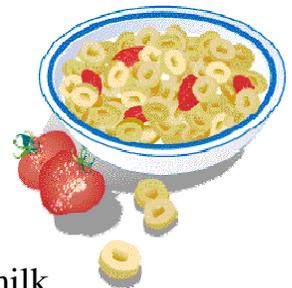
WHY? They provide fiber, vitamins, minerals, and phytochemicals that help prevent and manage many aged-related disorders.

HOW? Include a vitamin-fortified whole grain cereal at breakfast or for a snack, and one slice of whole wheat bread or a roll with the mid-day and evening meals. A serving is ½ to ¾ cup of breakfast cereal or one slice (1 ounce) of bread.

ADVICE: Eat three servings of low-fat milk products daily

WHY? Low-fat milk products foods help maintain bone health and may lower the risk of other age-related disorders.

HOW? Include low-fat milk products such as low-fat, skim or 1% milk, yogurt or cottage cheese at meals and snacks. Non-milk products that are healthy choices include calcium-fortified soy milk and calcium-fortified juice with breakfast. Serving sizes are one cup of milk or yogurt and ½ cup cottage cheese.



ADVICE: Eat five to six ounces of protein-rich foods daily

WHY? Lean beef, pork, chicken, and fish, as well as eggs, nuts, legumes, and soy foods help provide daily protein needs.

HOW? Most protein is eaten at the mid-day and evening meals; choose lean meats; and read labels carefully to choose low-fat varieties.



ADVICE: Eat salt, sugar, and fat in moderation

WHY? Salt (sodium) can increase blood pressure, while excess sugar and fat will increase energy intake beyond that needed to maintain a healthy body weight.

HOW? Choose no-salt and/or low sodium foods, avoid adding salt to foods, and use other condiments to add flavor to food. Limit sugar-sweetened beverages, and most processed desserts and snack foods. Avoid foods with trans-fats. For snacks and desserts eat low-fat dairy foods (e.g., yogurt), fruits, and/or vegetables.

ADVICE: Consider taking a multivitamin, a calcium supplement, and a vitamin D supplement

WHY? Carefully chosen supplements help ensure adequate intake of vitamin B12, vitamin D, calcium, fish oils, and other essential nutrients.

HOW? Individuals should consult their physician about taking and/or changing their supplement intakes.

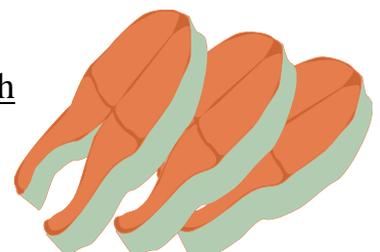
People who consume about one cup of milk daily should consider taking these supplements: (a) a multivitamin plus minerals that contains 400 IU (10 µg) of vitamin D, at least 12 µg of vitamin B12, and about 100% of the Daily Value for most other nutrients; (b) 500 mg of calcium; and (c) 400 IU of vitamin D.



People who consume about two cups of milk daily should consider taking these supplements: (a) a multivitamin plus minerals that contains 400 IU (10 µg) of vitamin D, at least 12 µg of vitamin B12, and about 100% of the Daily Value for most other nutrients; (b) 200 mg of calcium; and (c) 400 IU of vitamin D.

People who consume about three cups of milk daily should consider taking these supplements: (a) a multivitamin plus minerals that contains 400 IU (10 µg) of vitamin D, at least 12 µg of vitamin B12, and about 100% of the Daily Value for most other nutrients; and (b) 400 IU of vitamin D.

People who consume less than 8 ounces of fatty fish weekly, such as salmon, should consider taking about 1 to 3 grams of fish oil supplements daily.



More Information about Foods and Dietary Supplements

2010 Dietary Guidelines for Americans

Executive summary

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines2010/PolicyDoc/ExecSumm.pdf>

Selected Messages for Consumers

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/SelectedMessages.pdf>

Report for professionals

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2010/PolicyDoc/PolicyDoc.pdf>

MyPyramid

www.myramid.gov

2004 Surgeon General's Report on Bone Health and Osteoporosis

<http://www.surgeongeneral.gov/library/bonehealth/docs/OsteoBrochure1mar05.pdf>

Johnson, M.A. Nutrition and Aging – Practical Advice for Healthy Eating, Journal of the American Medical Women's Association 59: 262-269, 2004.

<http://jamwa.org/index.cfm?objectid=B6D48BF2-D567-0B25-55AC26A139AEBCAB>

Johnson, M.A. Hype and hope about foods and supplements for healthy aging, Generations, 28: 45-53, 2004.

Johnson, MA, Fischer, JG. Eating and appetite: common problems and practical remedies, Generations, 28: 11-17, 2004.