





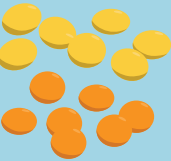



Key Nutrients as You Age and Their Food Sources

Nutrient	How much per day:	Food sources include:	
Vitamin B12 	2.4 micrograms (mcg)	<ul style="list-style-type: none"> • Animal foods such as meat, poultry, eggs, and dairy products • Fortified foods including some breakfast cereals and non-dairy “milks” 	
Folate/ Folic Acid 	400 mcg	<ul style="list-style-type: none"> • Fortified breakfast cereals • Enriched bread, flour (including corn masa flour), pasta • Beef liver • Vegetables including asparagus, Brussels sprouts, spinach, and mustard greens • Peanuts • Black-eyed peas, kidney beans 	
Calcium 	Adults 50 and younger: 1,000 mg Adults 51 and older: 1,200 mg	<ul style="list-style-type: none"> • Dairy products • Fortified beverages including some juices and non-dairy “milks” • Fortified products such as some tofu and breakfast cereals • Canned sardines and salmon with bones • Some vegetables including kale, broccoli, and bok choy 	
Vitamin D 	Adults up to age 70: 15 mcg Adults 71 and older: 20 mcg	<ul style="list-style-type: none"> • Fortified foods, including milk, many plant-based “milks,” and breakfast cereals • Fatty fish such as salmon and tuna 	
Potassium 	Men: 3,400 mg Women: 2,600 mg	<ul style="list-style-type: none"> • Fruits • Beans and legumes • Milk and yogurt 	<ul style="list-style-type: none"> • Vegetables • Nuts • Fish, meat, and poultry
Magnesium 	Men: 400-420 mg Women: 310-320 mg	<ul style="list-style-type: none"> • Green leafy vegetables • Whole grains • Nuts and seeds 	<ul style="list-style-type: none"> • Milk, yogurt • Legumes
Fiber 	14 grams of fiber for every 1,000 calories. For instance, if you get 2,000 calories per day, you should get 28 grams of fiber.	<ul style="list-style-type: none"> • Beans and peas • Nuts • Whole grains 	<ul style="list-style-type: none"> • Fruit • Vegetables
Omega-3 Fats 	There aren't official recommended amounts for most of the omega-3 fatty acids.	<ul style="list-style-type: none"> • Flaxseed • Walnuts • Some plant-based oils: flaxseed oil, soybean oil, canola oil 	<ul style="list-style-type: none"> • Chia seeds • Fortified foods • Fish such as salmon, tuna, and sardines

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Reviewed by Kathleen Zelman, MPH, RD, on May 25, 2023

SOURCES: National Institutes of Health Office of Dietary Supplements. U.S. Department of Agriculture: “How Much (Dietary) Fiber Should I Eat?”