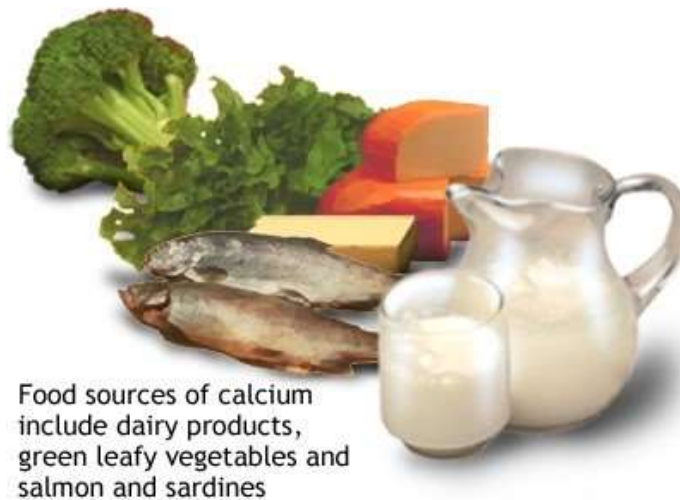


Things Your Body Needs as You Age

Calcium

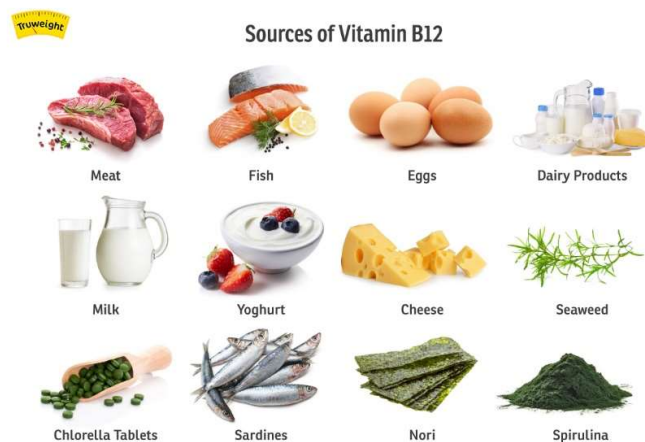
With age, you can start to lose more of this mineral than you absorb. That can make your bones break more easily (osteoporosis), especially for women after menopause.

Calcium helps your muscles, nerves, cells, and blood vessels work right. You get most of it from your bones, which get it from food. Milk, yogurt, and cheese are good sources.



Vitamin B12

It helps make blood and nerve cells. You get it naturally from animal foods like meat, fish, eggs, and dairy. "B12-fortified" foods, like breakfast cereal, are other sources. Up to 30% of people over 50 have atrophic gastritis, which makes it harder for their body to absorb it from foods. Antacids, some meds (like Metformin) and weight loss surgery can contribute to a lack of B12.

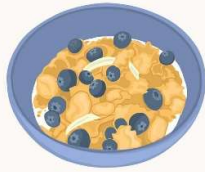


Vitamin D

Your body needs Vit D to absorb calcium. Vit D also helps your muscles, nerves, and immune system work right. Most people get some vitamin D from sunlight. But your body is less able to convert sun's rays to vitamin D as you age. It's harder to get this vitamin from foods, but fatty fish, eggs (especially yolks), liver, and fortified foods like milk, yogurt, and breakfast cereals. are a good source.

Best Food Sources of Vitamin D

Fortified milk, cereal,
and juices



Salmon



Eggs

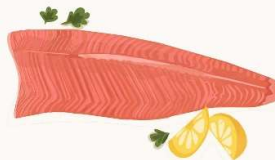


Canned tuna and sardines



BHG

Trout



White Mushrooms



Omega-3s

These fatty acids are called “essential” because your body can’t make them. They’re important for your eyes, brain, and sperm cells. They also could help protect against age-related disease like Alzheimer’s, arthritis, and macular degeneration, which can cause blindness. Unless your doctor says otherwise, it’s best to get your omega-3s from food like fatty fish, walnuts, canola oil, or flaxseed.



Magnesium

Magnesium can help improve mood, sleep, exercise performance, blood sugar regulation, and protein synthesis. You can get it from nuts, seeds leafy greens, and fruits like banana & Avocado. However older people tend to eat less of these plus they're more likely to have long-term health conditions or take many medications, both of which may lead to deficiency of magnesium.

Magnesium Rich Foods You Must Eat!



1. Almonds

- 1 ounce almonds consist of **80mg** magnesium.



2. Spinach

- 1 bowl spinach chconsist of **150mg** magnesium.



3. Peanuts

- 1 spoon peanuts consist of **50mg** magnesium.



4. Banana

- 1 medium sized banana consist of **35mg** magnesium.



5. Avocado

- 1 medium sized avocado consist of **60mg** magnesium.

Zinc

Many Indians seniors don't get enough of this underappreciated micronutrient. It improves your immunity, helps your sense of smell and taste and helps in fighting infections and inflammation. Zinc is also important for our vision. Oysters are far and away the best source of this mineral. Otherwise, you can get it from beef, crab, and fortified breakfast cereals.

ZINC-RICH FOODS



oyster
410 g/2000 cal



ribeye filet
120 g/2000 cal



ground beef
75 g/2000 cal



spinach
65 g/2000 cal



sirloin steak
55 g/2000 cal



asparagus
55 g/2000 cal



lamb roast
50 g/2000 cal



chicken liver
50 g/2000 cal



zucchini
45 g/2000 cal



beef jerky
40 g/2000 cal



chicken drumstick
40 g/2000 cal

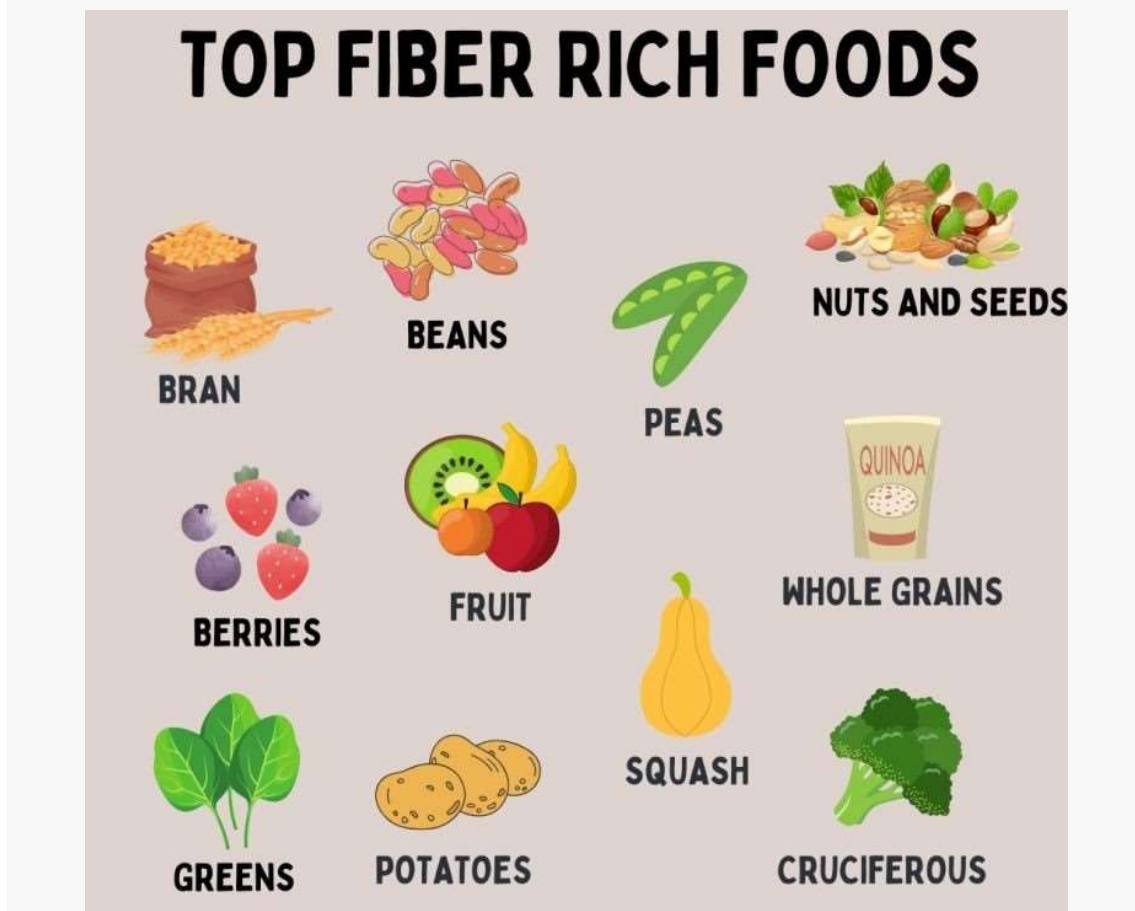


lamb chops
40 g/2000 cal

Fiber

You probably know fiber is good for you. But did you know it's even more important as you age? Fiber helps protect against strokes, helps you poop more regularly, and lowers your cholesterol and blood sugar -- big benefits in older bodies. Women over

50 should get at least 21 grams a day, while men need 30 grams, but most people don't get that much. That's equal to about 6-8 servings of whole grains, or 8-10 servings of vegetables.



Where to Get Them

Whether it's vitamins, minerals, or fiber, it's best to get them from foods instead of pills. But that can be a challenge for some older people, especially if you don't eat a balanced diet.

If you think you need more than you can get from food, talk to your doctor about supplements that will be safe with your meds, diet, and health.

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