

NUTRITION for SENIORS



Nutrient	Recommended Dietary Allowance For Seniors Ages 50+	Florida Food Amount / Fat	Florida Food Amount / Fat
Vitamin A	700mcg women 900mcg men	Carrots, 1 whole 2,025 mcg / .1g fat	Broccoli, 1 spear 254mcg / .5g fat
Vitamin B1 (Thiamin)	1.1mg women 1.2mg men	Snapper, 7 oz. 39mg / 6g fat	Lean pork chop .83mg / 7.5g fat
Vitamin B2 (Riboflavin)	1.1mg women 1.2mg men	Lowfat milk, 2%, 1 cup .4mg / 4.68g fat	Lean ground beef, 1/4 lb. .2mg / 11.25g fat
Vitamin B3 (Niacin)	14mg women 16mg men	Peanuts, 1/4 cup 9.8mg / 17.5g fat	Chicken breast, 1/4 11.8mg / 3g fat
Vitamin B5 (Pantothenic Acid)	5mg women and men	Chicken breast, 1/2 1.16mg / 13.4g fat	Avocado, 1 whole 2mg / 27g fat
Vitamin B6	1.5mg women 1.7mg men	Mackerel, 7 oz. 1.5mg / 12.6g fat	Watermelon, 1 cup .14mg / .65g fat
Vitamin B12	2.4mg women and men	Blue Crab, 7 oz. 11.3mvg / 2.16g fat	Oysters, 1 cup 40.8mcg / 4g fat
Vitamin C	75mg women 90mg men	Orange juice, 1 cup 124mg / .5g fat	Strawberries, 1 cup 84.5mg / .55g fat
Vitamin E	15mg women and men	Corn, 1 cup 1.2mg / 1.8g fat	Green pepper, 1 cup .62mg / .46g fat
Biotin	30mcg women and men	Eggs, 1 medium 11mcg / 5.58g fat	Peanuts, 1/4 cup 12.5mcg / 17.5g fat
Folic Acid	400mg women and men	Green beans, 1 cup 40mg / .013g fat	Cabbage, 1 cup 39mg / .12g fat
Potassium	3500mg women and men	Acorn squash, 1 cup 645mg / .2g fat	Zucchini, 1 cup 455mg / <.1g fat
Iron	8mg women and men	Oysters, 1 cup 15.6mg / 4g fat	Clams, 3.4 oz. 13.8mg / .76g fat
Calcium	1200mg women and men	Plain lowfat yogurt, 1 cup 415mg / 3.52g fat	Orange, 1 whole 52mg / .16g fat

mg.= milligram mcg = microgram



Florida Department of Agriculture
and Consumer Services
Charles H. Bronson, Commissioner



GOOD HEALTH FOR THE YOUNG AT HEART

A nutritious diet is essential for good health at any age. Adults age 65 and older need less of certain nutrients (like sodium) and more of others (like calcium) to adjust to the way their bodies work. A healthy weight range can decrease the risk of high blood pressure, heart disease, diabetes, stroke, and many other medical problems.

FLORIDA GROWS WITH YOU

Florida produces more an abundance of whole, healthy foods, from avocados to zucchini – nearly everything you need for a healthy diet. When you're in the grocery store, look for the "Fresh from Florida" logo on signs, bin strips, and packaging. If you don't see it, ask!



CHART YOUR COURSE TO GOOD HEALTH

The chart on the opposite side lists the Dietary Reference Intakes (DRIs) of vitamins and minerals needed to maintain a healthy and fit body. Next to each vitamin and mineral are four columns indicating how much of that nutrient you would get from a variety of Florida agricultural products. By combining an array of wholesome Florida products, you can enjoy an assortment of delicious and healthy meals that satisfy the DRIs for vitamins and minerals.

REWARDING EATING HABITS

- Don't eat alone. Depression, often linked to loneliness, can decrease appetite. Invite neighbors, friends or family over to eat. Seek out a community dining program.
- Practice your cooking skills. Check out your local public library for cook books, or share recipes with friends. Enhance your meals with herbs and spices to add flavor and interest.
- Research information on local nutrition programs for seniors. Ask if you qualify for federal, state, or local food programs. Difficulty grocery shopping or lack of finances may get in the way of providing nutritious foods at home.
- Physical activity is important to reap the rewards of a healthy diet. Activity stimulates the appetite and helps metabolize calories and nutrients. Walking, gardening, and housework are great ways to get moving.
- Once you have established good eating habits, don't be afraid to reward yourself with treats. The key to healthy eating is moderation and variety. Wisely chosen snacks can be healthy and beneficial.

EAT A VARIETY OF FOODS

Choose a variety of foods for good nutrition. A large variety provides more complete nutrition and supplies a balanced intake of carbohydrates, protein, and fats – everything one needs for staying young at heart.

- Breads, cereals, and grains provide complex carbohydrates, which are important for energy, especially in lowfat diets. They are also a great source of fiber.
- Fruits provide important amounts of vitamins A and C. They are low in fat and sodium.
- Vegetables provide vitamins such as A and C, folate, and minerals such as iron and magnesium. They are naturally low in fat and high in fiber.
- Lean meats, poultry, fish, eggs, and beans provide protein, B vitamins, iron, and zinc.
- Milk, cheese, and yogurt provide protein, vitamins, and minerals, especially calcium.