

# Nutrition for the elderly



## Vitamin B12

The most common vitamin deficiency among the elderly, B12 is necessary for the formation of red blood cells and proper nerve function.

Rich sources of B12: Fish, meat, poultry, eggs, low fat milk, dahi/yoghurt.





## Potassium

A mineral that helps regulate fluid in the body, potassium helps keep the bones strong, muscles healthy and minimises the risk of hypertension.

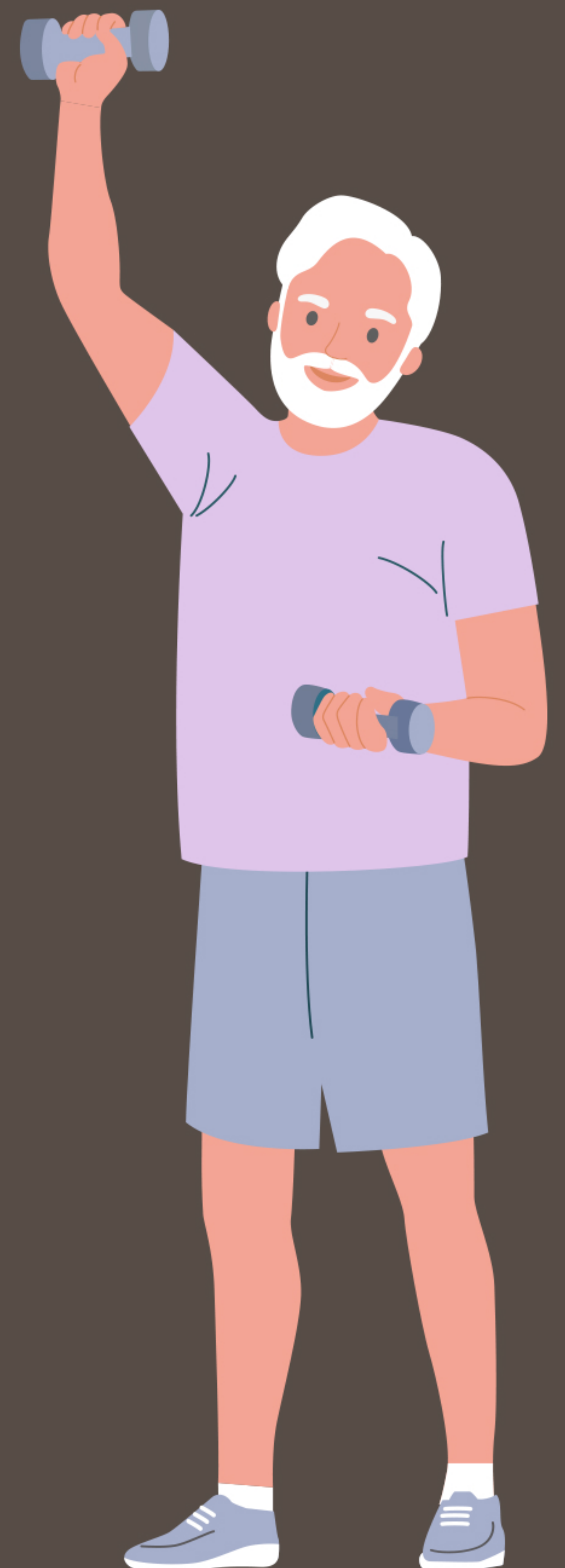
Rich sources of potassium: Potato, banana, dried fruits, beans, dal/lentils, palak/spinach, broccoli, avocado.



## Calcium

Bone loss is common among the elderly. Calcium is a necessary for maintaining the skeletal structure and to reduce the risk of brittle bones and fractures.

Rich sources of calcium: Milk, seeds, cheese, dahi/yogurt, chia seeds, flax seeds, almonds, figs.





## Protein

Needed for increasing muscle mass, function and strength, and improving calcium concentration in the body, protein when deficient can result in muscle loss and even osteoporosis.

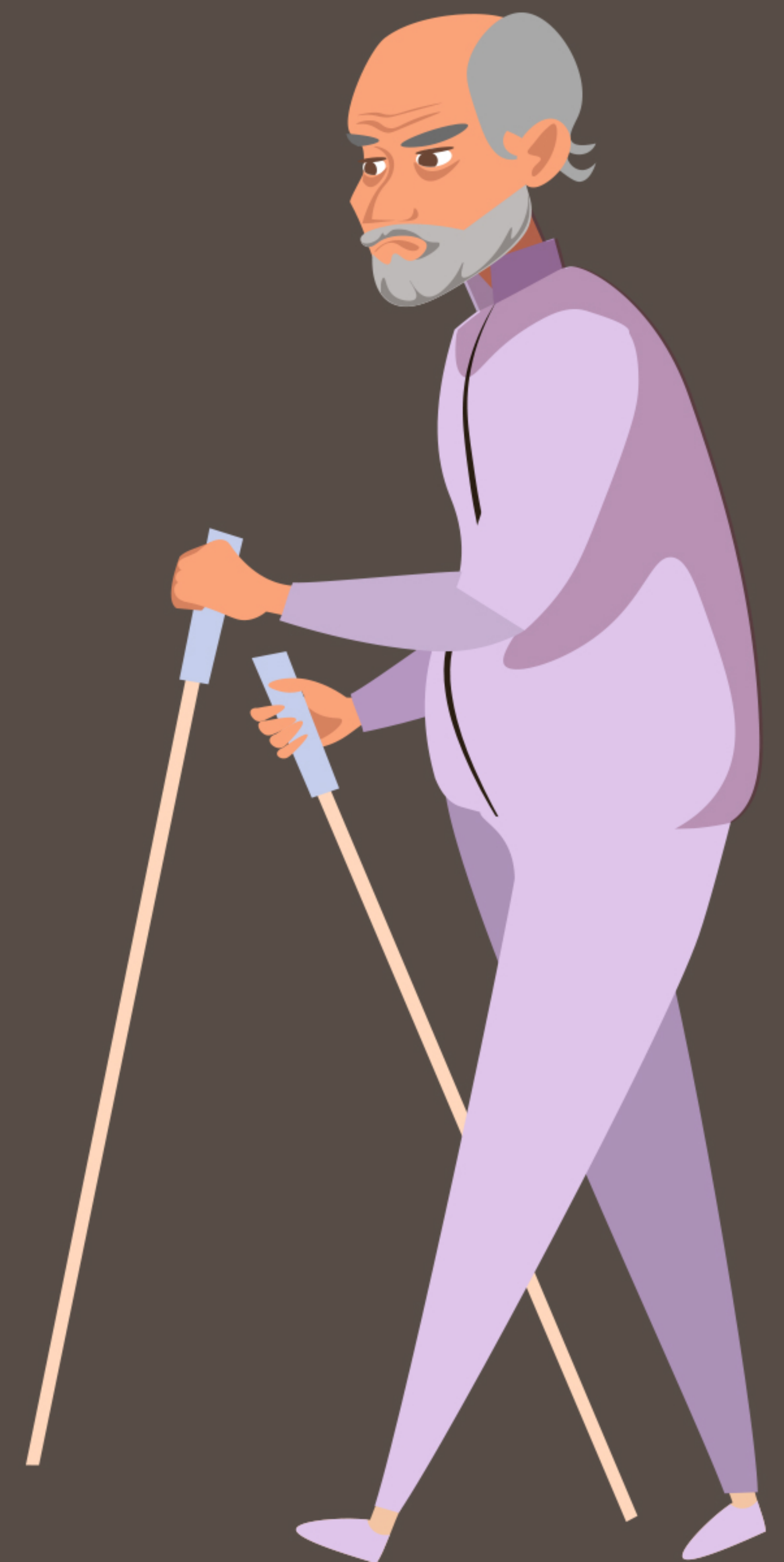
Rich sources of protein: Eggs, cheese, pulses (peas, beans and lentils), red meat, fish, poultry.



## Vitamin C

An essential vitamin for fighting infections vitamin C helps increase iron absorption and also aids in wound healing.

Rich sources of Vitamin C: Citrus fruits, bell peppers, strawberries, potatoes, tomatoes, cruciferous vegetables (cabbage, cauliflower) .





## Fibre

Dietary fibre keeps the digestive tract healthy. It promotes healthy digestion by helping food move through the gut. Rich sources of fibre: Whole grains like whole wheat, corn, or oats, fruits, vegetables, beans, peas, grains, nuts, seeds, brown rice.



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