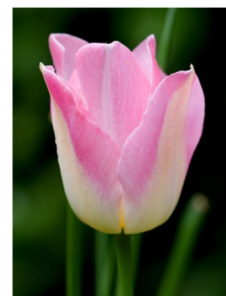


West Virginia Bureau of Senior Services

Older Americans Month

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Food and Fitness

IMPORTANT MICRONUTRIENTS TO FOCUS ON FOR OLDER AMERICANS

Aging is unavoidable. The purpose of this article is to help inform you on what nutrients are important with the aging process and why.



All nutrients have important jobs within the human body. The most important ones for older Americans are potassium, calcium, vitamin D, and vitamin B12. Now, some of these nutrients can differ for different people. Medication and disease states can affect the recommended amounts of certain nutrients needed for our bodies. For example, kidneys with potassium and certain medications with calcium. This means that the recommendations may be increased or decreased, and this is important information to understand.

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IMPORTANT MICRONUTRIENTS TO FOCUS ON FOR OLDER AMERICANS

Potassium is a mineral. According to the 2020-2025 Dietary Guidelines for Americans, most Americans are not consuming enough potassium. Potassium works to help muscles contract, places a role in fluid and mineral balance, and works to maintain normal blood pressure. The recommended amount of potassium per day, for those 51 years or older, is: males 3400 mg and females 2600 mg. Some sources of potassium are: apricots, lentils, acorn squash, prunes, potatoes, kidney beans, orange juice, soybeans, bananas, milk, and spinach.

Calcium is a mineral. Calcium is most known for its support to maintain strong bones and teeth for structure, but it does have other important functions as well. Calcium is needed for muscles to move so nerves can carry messages to the brain and body, helps blood vessels move blood, and with hormones related to other body functions. The recommended amount of calcium, per day, for male and females 71 years of age and older is 1200 mg. However, the ages 51-70 years are different for different genders; men recommendations are 1000 mg and female recommendations are 1200 mg. Some sources of calcium are: yogurt, milk, cheese, soy beverages, dark leafy greens, tofu, sardines, salmon, grapefruit, orange juice, and almond beverages.

Vitamin D is a micronutrient that works hand in hand with calcium. Vitamin D is what allows the body to absorb calcium. Together they are one of the main building blocks for strong bones and teeth. Vitamin D is also important for muscle movement, nerve function, and for your immune system. The recommended amount of vitamin D for the ages of 51-70 years is 15 mcg and for those 71 years or older is 20 mcg. Some sources of vitamin D are: cod liver oil, rainbow trout, salmon, mushrooms, milk, fortified beverages and cereals, sardines, eggs, beef liver, tuna fish, and cheddar cheese.

Vitamin B12 is a nutrient that maintains healthy blood and nerve cells, helps make DNA, and prevents megaloblastic anemia (a blood condition that makes people tired and weak). The recommended amount of vitamin B12 per day is the same for all adults ages 19 and older at 2.4 mcg per day. Some sources of vitamin B12 are: beef liver, clams, oysters, fortified nutritional yeast and breakfast cereals, salmon, tuna, ground beef, milk, yogurt, cheddar cheese, eggs, and turkey breast.

Keep in mind all nutrients are important. These are just the top nutrients that have been picked out as the focus for those whom are 60 years or older.

Start simple
with MyPlate



Healthy Eating for Older Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Make eating a social event

Enjoy meals with friends or family members as often as possible. Take advantage of technology to enjoy meals virtually with loved ones in different cities or States.



Drink plenty of liquids

You may not always feel thirsty when your body needs fluids, and that's why it's important to drink beverages throughout the day. Enjoy coffee and tea if you like, or some water, milk, or 100% juice.



Add a touch of spice

Limiting salt is important as you get older. Fresh and dried herbs and spices, such as basil, oregano, and parsley, add flavor without the salt.



Make the most of your food choices

Older adults need plenty of nutrients but fewer calories, so it's important to make every bite count. Foods that are full of vitamins and minerals are the best way to get what you need.



Be mindful of your nutrient needs

You may not be getting enough nutrients such as calcium, vitamin D, potassium, dietary fiber, vitamin B12, and also protein. Read the [Nutrition Facts label](#) on packaged foods and also speak with your healthcare provider about possible supplements.

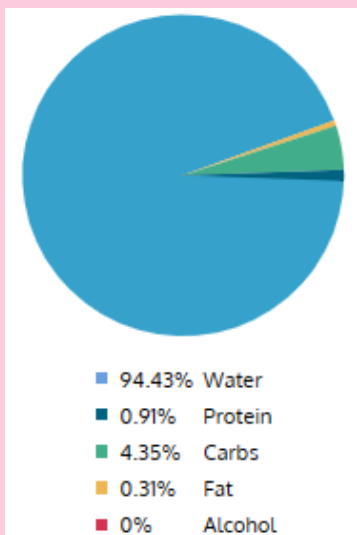


Keep food safe

Discard food if it has an "off" odor, flavor, or texture. Refer to the "use by" dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult.



WHAT IS THIS FOOD MADE OF?



VEGETABLE—YELLOW SQUASH

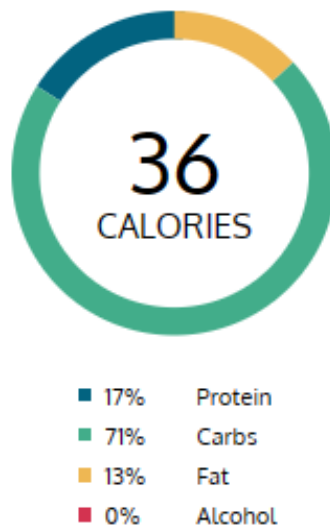
Yellow squash falls into the category of summer squash. Yellow squash is very popular throughout the United States.

There are two different types (that are the most popular in the grocery store), the straight one and the crook neck one. No matter the case, they both have one end that is larger than the other. The skin of the yellow squash can be either smooth or bumpy, but the grocery store usually carries the smooth skinned ones.

Yellow squash can be eaten both cooked and raw. The flavor of the squash when eaten raw is very mild. When the squash is cooked, the flavor develops a mild nutty, sweet flavor. The yellow squash can be cooked in many different ways from roasted to fried.

The yellow squash is low in calories and contains some nutrients. The yellow squash has magnesium, copper, vitamin C, folate, sodium, thiamin, and potassium. To add to those, it also has dietary fiber that helps to keep you feeling fuller longer.

WHERE DO THE CALORIES COME FROM?



Minerals

-- = missing data		%DV
Weight	180g	
Calcium	48.6mg	4%
Iron, Fe	0.65mg	4%
Potassium, K	343.8mg	7%
Magnesium	43.2mg	10%
Phosphorus, P	70.2mg	6%
Sodium	387mg	16%
Zinc, Zn	0.7mg	6%
Copper, Cu	0.19mg	21%
Manganese	--mg	--%
Selenium, Se	0.36mcg	1%

NUTRITION FACTS



Squash Summer Yellow
Or Green Cooked From Fresh
Fat Not Added In Cooking

Serving Size:

1 x 1 cup, nfs (180g)

Nutrition Facts

Serving Size

1 cup, nfs (180g)

Calories **36**

% Daily Value *

Total Fat 0.56g	1%
Saturated Fat 0.12g	1%
Trans Fat --g	
Cholesterol 0mg	0%
Sodium 387mg	16%
Total Carbohydrate 7.7g	3%
Dietary Fiber 2.5g	9%
Total Sugars 4.6g	9%
Includes --g Added Sugars	--%
Protein 1.6g	3%
Vitamin C 9.9mg	11%
Vitamin D 0mcg	0%
Iron 0.65mg	4%
Calcium 48.6mg	4%
Potassium 343.8mg	7%
Phosphorus 70.2mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins

-- = missing data

%DV

Weight	180g	
Vitamin A, RAE	19.8mcg	2%
Vitamin C	9.9mg	11%
Thiamin (B1)	0.08mg	7%
Riboflavin (B2)	0.07mg	6%
Niacin (B3)	0.92mg	6%
Vitamin B5 (PA)	--mg	--%
Vitamin B6	0.12mg	7%
Biotin	--mcg	
Folate (B9)	36mcg	9%
Folic acid	0mcg	0%
Food Folate	36mcg	9%
Folate DFE	36mcg	9%
Choline	14.2mg	3%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	226.8mcg	2%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	--IU	
Lycopene	0mcg	
Lut + Zeaxanthin	4026.6mcg	
Vitamin E	0.25mg	2%
Vitamin D	0mcg	0%
Vitamin D2	--mcg	
Vitamin D3	--mcg	
Vitamin D (IU)	--IU	--%
Vitamin K	6.3mcg	5%

RECIPE—SUMMER SQUASH & ONIONS

Ingredients

- 1 tsp olive oil
- 1 tsp butter
- 1 small sweet onion, chopped or sliced
- 1 medium zucchini, chopped or sliced
- 1 yellow squash, chopped or sliced
- 1 tomato, diced
- 1/2 cup water
- 1 tsp Mrs. Dash seasoning
- 1/2 tsp dried basil
- Salt and pepper, to taste



Recipe Adapted From: [Summer Squash & Onions - Saving Room for Dessert \(savingdessert.com\)](http://SavingDessert.com)

Instructions

1. Warm a large skillet over medium heat. Add the olive oil and butter. Once the butter is melted, add the chopped onions and sauté until crisp tender and starting to brown, about 5 minutes .
2. Add the squash, zucchini, tomatoes, water, basil, pepper, salt, and Mrs. Dash
3. Heat until boiling. Cover and cook over medium-low until the squash is crisp tender but not falling apart. Remove the lid and boil until some of the liquid is evaporated

BRAIN EXERCISE

DON'T JUST EXERCISE YOUR BODY, WORKOUT YOUR BRAIN!

H A P P Y

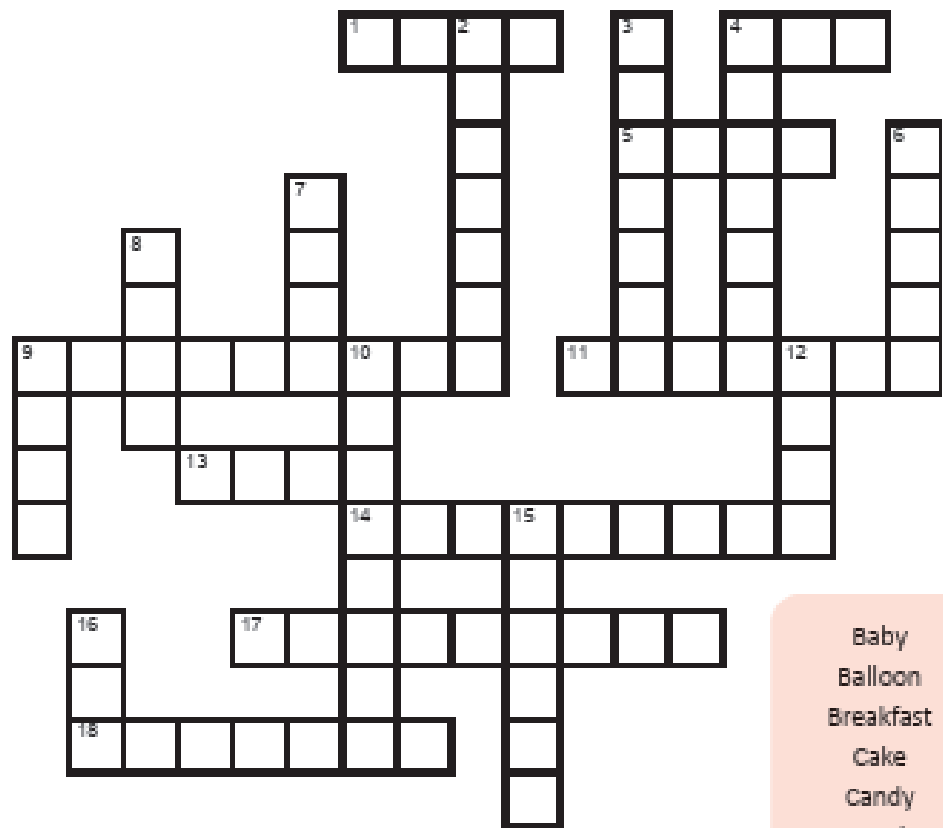
Mother's Day

ACROSS

1. Bundle of joy.
4. Female parent.
5. Popular flower for Mother's Day.
9. Official Mother's Day flower in many countries.
11. Sparkling accessory.
13. Where the heart is.
14. Sweet treat loved by many moms.
17. Morning meal in bed.
18. Mom or Dad's mom.

DOWN

2. Inflated decoration.
3. Fragrant gift.
4. Sentiment shared on a card.
6. Sweet treats often given on Mother's Day.
7. Token of appreciation.
8. Hallmark purchase.
9. Sweet treat for celebrations.
10. Frozen sweet treat.
12. Unconditional feeling.
15. Morning beverage choice.
16. Warm embrace.



Baby
Balloon
Breakfast
Cake
Candy
Card
Carnation
Chocolate
Coffee
Gift
Grandma
Home
Hug
Ice cream
Jewelry
Love
Message
Mom
Perfume
RoseOpubl

May 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>May Day</i>	2 <i>Brothers and Sisters Day</i>	3 <i>Garden Meditation Day</i>	4 <i>Herb Day</i>
5 <i>Cinco de Mayo</i>	6 <i>Beverage Day</i>	7 <i>National Teacher's</i>	8 <i>World Red Cross Day</i>	9 <i>Lost Sock Memorial</i>	10 <i>Military Spouses</i>	11 <i>Eat What You Want</i>
12 <i>Mother's Day</i>	13 <i>National Apple Pie Day</i>	14 <i>Dance Like a Chicken Day</i>	15 <i>National Slider Day</i>	16 <i>National Mimosa Day</i>	17 <i>Pack Rat Day</i>	18 <i>Visit Your Relatives Day</i>
19 <i>World Plant a Vegetable Garden Day</i>	20 <i>Pick Strawberries Day</i>	21 <i>National Memo Day</i>	22 <i>Buy a Musical Instrument Day</i>	23 <i>Luck Penny Day</i>	24 <i>Don't Fry Friday</i>	25 <i>Tap Dance Day</i>
26 <i>National Paper Airplane Day</i>	27 <i>Memorial Day</i>	28 <i>National Hamburger Day</i>	29 <i>Learn About Composting Day</i>	30 <i>Water a Flower Day</i>	31 <i>Save Your Hearing Day</i>	

Monthly Observances

- Date Your Mate Month
- Foster Care Month
- Gifts from the Garden Month
- Mystery Month
- National Barbecue Month
- National Bike Month
- National Blood Pressure Month
- National Hamburger Month
- National Salad Month
- Salsa Month





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Crossword

SOLUTION



MEMORIAL DAY

