

3 Special Nutrient Needs of Older Adults & Foods to Improve Their Intake

#1

Kicking Up the Calcium

The aging population typically require more calcium in their diet to maintain good bone health. Try serving more of the following foods to help you meet your residents' calcium RDIs!

Foods High in Calcium

- Milk, cheese, yogurt & other dairy products
- Green, leafy vegetables such as collard greens & kale
- Chia, poppy and sesame seeds
- Almonds
- Calcium fortified food & drinks

TRY THIS!

This MealSuite Recipe has 225mg of Calcium Per Serving:

BANANA & GRANOLA YOGURT PARFAIT



#2

Doubling Down on Dietary Fiber

It is estimated that many Americans do not get their recommended daily intake of fiber – and older adults are no exception. If you have residents low on fiber, try introducing more to their diet gradually, as it can take some time for the body to adjust. Introducing some of the below fiber-rich foods is a great way to get started.

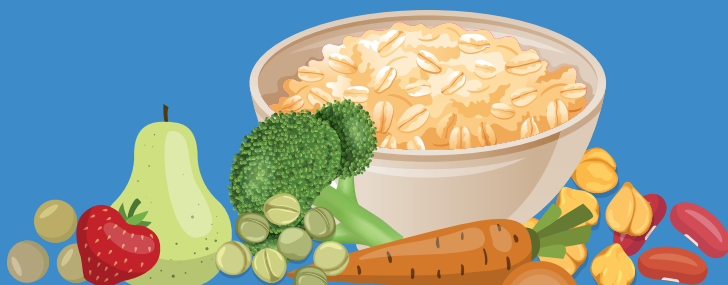
Foods High in Dietary Fiber

- Fresh fruits such as pears & strawberries
- Fresh vegetables such as broccoli & carrots
- Lentils & kidney beans
- Split peas & chickpeas
- Oats & whole-grain cereals

TRY THIS!

This MealSuite Recipe has 7g of Fiber Per Serving:

SPLIT PEA SOUP HMD



#3

Tapping into the Power of Potassium

Potassium is good for bone health and may even lower risk of high blood pressure (along with limiting salt intake). The following foods are great sources of this essential mineral, perfect for incorporating in your personal menus.

Foods High in Potassium

- Bananas
- Black & white beans
- Avocado
- Sweet potato
- Spinach

TRY THIS!

This MealSuite Recipe has more than 600 mg of Potassium Per Serving:

BLACK BEAN ENCHILADAS



CALCIUM

DIETARY FIBER

POTASSIUM