

# Aging & Supplements

**Nutrients that may need to be supplemented for people over 50.**

## **Vitamin B12**

Keeps red blood cells healthy.

## **Folate**

Supports cell growth and repair.

## **\*Remember\***

*Vitamin supplements may have contraindications with prescription medications.*

*Always consult your doctor before supplementing.*

## **Vitamin D**

Works with calcium to keep bones strong.

## **Calcium**

Keeps bones strong.

**Try eating whole foods to obtain these necessary nutrients!**

**Eat a variety of colors**

The darker and brighter the better.

**Aim for 5 servings of fruits & vegetables each day.**

**Explore new foods, variety is key.**

**Try to have 3 servings of dairy each day.**

**Eat a variety of foods from all food groups.**