

# NUTRITION: EDUCATION TAKE-HOME PACKET

## E N E R G Y

### WHAT DOES OUR BODY NEED?



Carbohydrates



Fats



Proteins



Vitamins



Minerals



Water

**Carbohydrates, fats, and proteins** provide nutrients and fuel to give us energy. Think of your body like a car and energy – the converted nutrients you receive from food – as the fuel that keeps your car running.

**Vitamins, minerals, and water** provide other nutrients to help our body function better. Just like how cars need other fluids – like oil and transmission fluid to run smoother – our body needs these other nutrients, too.

### FUN FACTS ABOUT ENERGY



What exactly is a **calorie**?

A calorie is a **unit of energy**. It tells us how much energy a piece of food will give us.



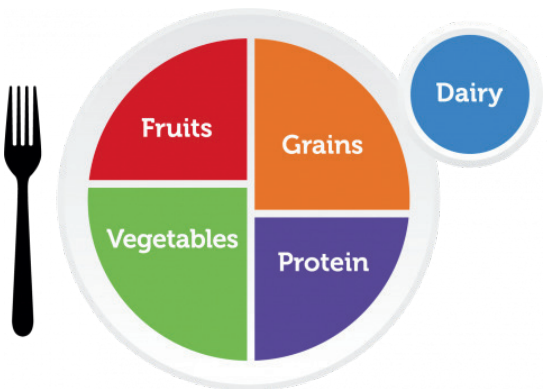
What exactly is **metabolism**?

Metabolism is the **process** of calories being converted into energy.



Where does the **brain** get energy?

The brain's primary energy source is **glucose**, which comes from broken down **carbohydrates**.



### REMINDER

A way to ensure that you are getting the energy and nutrients your body needs is to eat a variety of foods from each **MyPlate.gov** category.

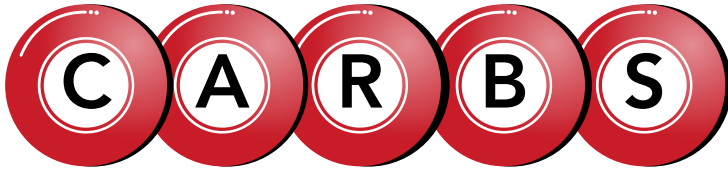


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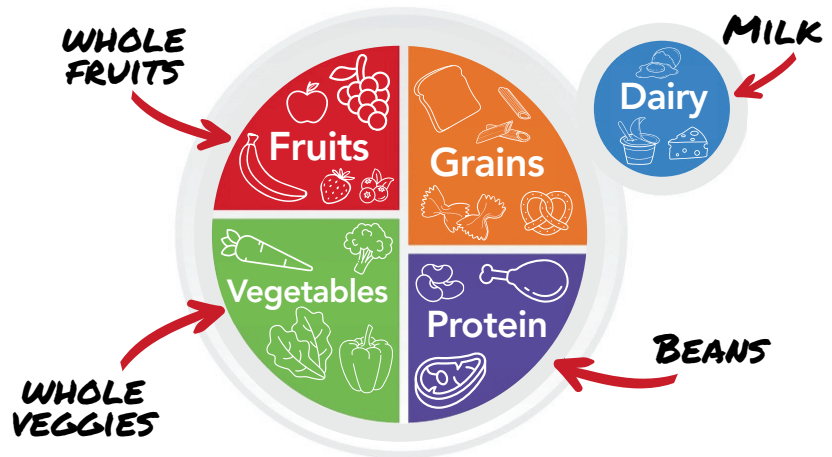
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## CARBS... FRIEND OR FOE?

Carbohydrates are our friend. After all, they are our body's preferred source of energy and provide important nutrients! BUT... not all carbohydrates are created equally. To ensure you are getting all the best nutrients from your carbs, at least **half** of the grains you eat should be **whole grains**.

It is a common misconception that carbohydrates are just the **grains** section of MyPlate. In fact, you can find carbohydrates in **every** section of your MyPlate!



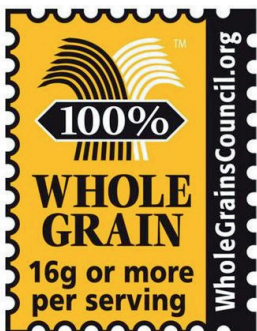
## FUN FACTS ABOUT CARBOHYDRATES



Whole-grain carbohydrates, whole fruits, and vegetables provide **more fiber**.



Fiber helps with digestion, cholesterol, and stabilizing blood sugar levels.



## REMINDER

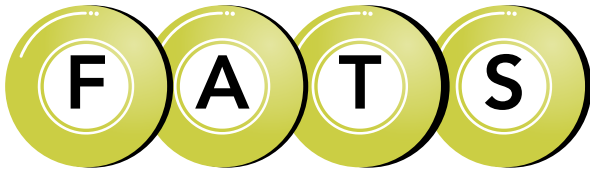
Choose **whole fruits and vegetables** and **whole-grain** products for the most energy and nutrients. Look for **100% whole grain** on the label.



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## FAT - GOOD OR BAD??

Just like grains are best if they are *whole*, fats are best if they are **unsaturated**. Here is a quick guide for knowing which is which!

### UNSATURATED

Cold water fish (salmon, tuna, herring), olive / canola oil, avocados, nuts, seeds



### SATURATED

Fatty cuts of meat, butter, lard, and fried food



## FUN FACTS ABOUT FAT



What exactly is **unsaturated** fat?

At room temperature, unsaturated fats are **liquid**.



What exactly is **saturated** fat?

At room temperature, saturated fats are **solid**.



What is best about eating **unsaturated** fat?

They are considered **heart healthy** and they can even improve cholesterol levels.

## REMINDER



Our bodies use fat as **energy** and to **protect our organs** and **transport vitamins**. If you need more calories (energy) to maintain your weight, healthy fats can provide a lot of energy in a small amount.

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## P R O T E I N S

### WHY DO WE NEED PROTEIN?

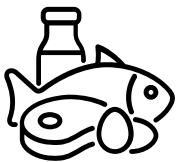
Protein provides essential nutrients called amino acids that help **build and repair muscles, heal wounds, and fight infections**. Your body cannot make all the amino acids you need, so these essential amino acids **must** come from your food.

### TIPS FOR MAKING PROTEIN LEAN



- Have you ever looked at meat and saw the wavy design in it, like a marble? Marbling occurs when there are ribbons of fat going through the meat. Less marbling = less fat!
- Cut off excess fat around the edges.
- Remove the skin on chicken and turkey.
- Drain off extra fat when cooking meat.

### FUN FACTS ABOUT PROTEIN



What exactly is a **complete protein**?

A **complete protein** is one that provides all the amino acids our body needs.



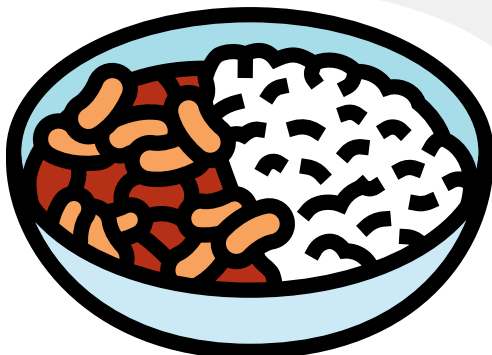
What is an example of a **complete protein**?

**Meats** are considered complete proteins.



Do I *have* to eat **meat** to get protein?

No, but plant-based protein is often **not complete**. Two that *are* complete are tofu and quinoa!



### REMINDER

You can pair plant-based proteins to make them complete! Try pairing:

- Rice and beans
- Corn and beans
- Tofu and nuts



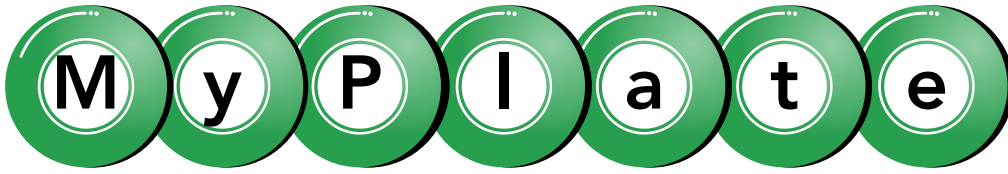
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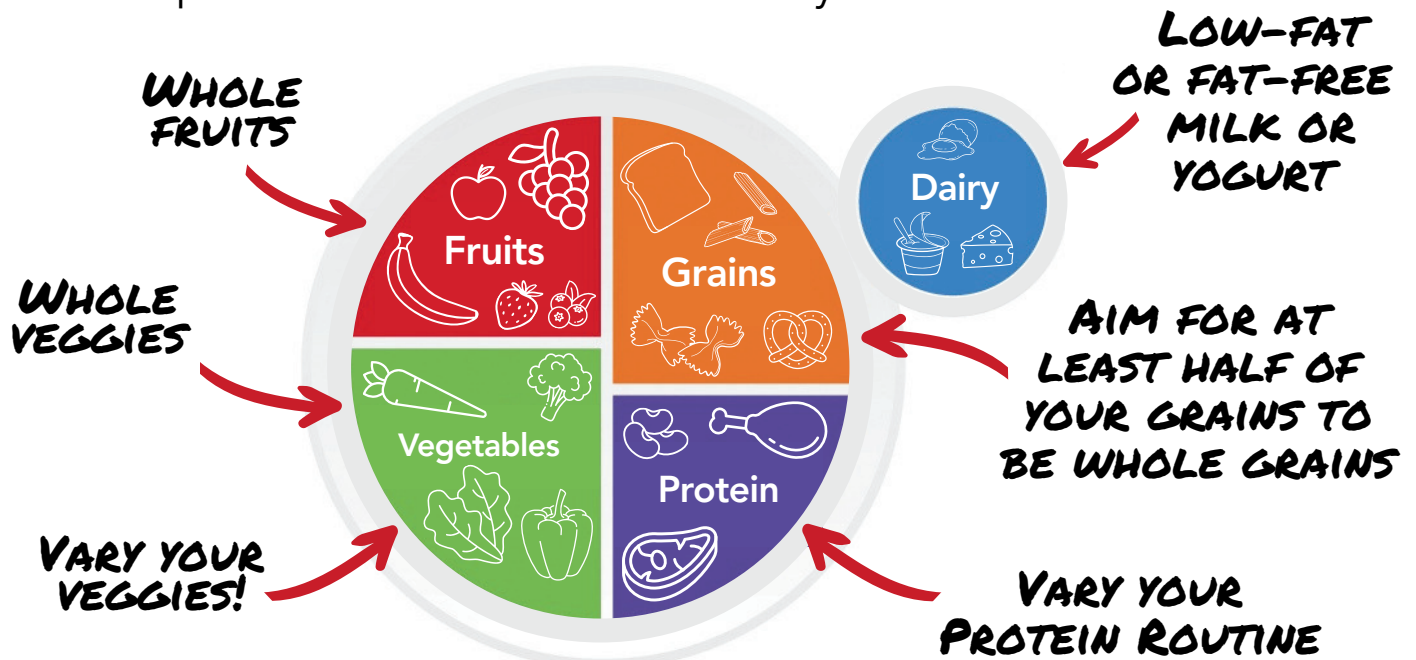


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## WHAT IS MyPlate?

MyPlate provides a visual picture of what a **balanced meal** should look like. The colorful plate also reminds us to eat a variety of **colors**.



## FUN FACTS ABOUT MyPlate

Some foods can be found in more than one category! Here are just a few.



Grain /  
Vegetable



Protein /  
Vegetable



Dairy /  
Protein



## REMINDER

The term “eat the colors of the rainbow” reminds us to eat a **colorful** variety of fruits and vegetables. Each color provides different - but important! - nutrients.

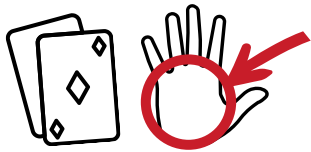
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## S E R V I N G S

### SERVING SIZE MATTERS

Make sure to eat adequate servings from all 5 food groups.  
To help you with serving sizes, here are some examples!

#### 3 OZ PROTEIN EQUIVALENTS



Typical serving for **meat**. This is about the size of a deck of cards, the palm of your hand, or a checkbook.

#### 1 OZ PROTEIN EQUIVALENTS

**While these are not meat, they still have protein!**

- 1 egg
- 2 TBSP hummus
- 1/2 oz nuts (~12 almonds)
- 1 TBSP peanut butter
- 1/4 cup beans or peas

#### 1 CUP VEGGIE EQUIVALENTS



- 1 veg the size of a lightbulb
- 2 cups raw spinach or leafy greens
- 2 large stalks celery or carrots
- 1 cup fresh, frozen, or canned veg

#### 1 CUP FRUIT EQUIVALENTS



- 1 fruit the size of a baseball
- 1/2 cup of dried fruit
- 1 cup of green grapes
- 1 cup of canned / frozen fruit
- 1 cup 100% fruit juice

#### 1 CUP DAIRY EQUIVALENTS

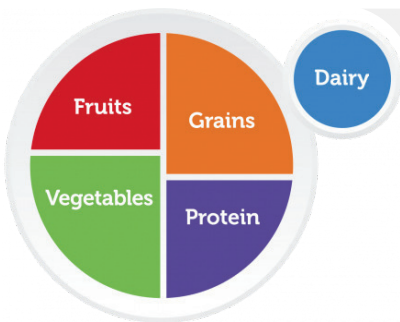


- 1 slice packaged cheese
- 1.5 cheese sticks
- 1 cup of milk
- 1/3 cup of shredded cheese
- 1 cup of yogurt
- 2 cups of cottage cheese

#### 1 OZ WHOLE GRAIN EQUIVALENTS



- 1/2 cup cooked pasta, rice, oatmeal
- 1 slice bread, 1/2 of a burger bun or English muffin
- 1 cup cereal or 5 crackers
- 1 pancake or tortilla the size of a DVD



### REMINDER

Ask yourself with every meal,  
“Did I get enough servings of each food group?”  
Visit **MyPlate.gov** to see **how many** is right for you.



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## LABELS

### UNDERSTANDING NUTRITION LABELS

Nutrition Labels (aka Nutrition Facts or Food Labels) have a *lot* of information on them, so let's make sure we know what we are looking at!

**Servings Per Container:**  
How many servings are in that **package**. (box, bag, etc.)

**Serving Size:**  
How much of the food is in **one serving**. (tablespoons, cups, etc.)

Nutrition Facts	
4 servings per container	
Serving size	1 cup (98g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 9g	11%
Saturated Fat 2g	11%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 850mg	37%
Total Carbohydrate 49g	18%
Dietary Fiber 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 9g	
Vitamin D 0mcg 0% • Calcium 110mg 8%	
Iron 2mg 10% • Potassium 200mg 4%	

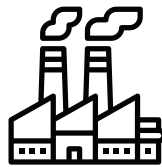
**% Daily Value:**  
Tells you whether the food is high or low in a nutrient. (A daily value of 20% or more is considered **high**.)

**Nutrients:**  
A list of important nutrients *and* how much is in **each serving**. (This list includes both those things you want more of *and* those you want to limit.)

### FUN FACTS ABOUT NUTRITION LABELS



Labels include an ingredients list ordered by highest to lowest amount of the ingredient the product contains.



If contained in the item or produced in the same factory, labels in the USA list the most common allergens: Milk, Eggs, Fish, Shellfish, Tree Nuts, Peanuts, Wheat, Soybeans, and Sesame.

<b>Potassium</b> 150mg	<b>4%</b>	<b>10%</b>
<b>Total Carbohydrate</b> 46g	<b>15%</b>	<b>17%</b>
Dietary Fiber 4g	<b>16%</b>	<b>16%</b>
Sugars 12g		
Other Carbohydrate 30g		
<b>Protein</b> 4g		

### REMINDER

The total amount of **carbohydrates** in the food includes added sugars, fiber, and starches. There is no need to add the sugars to the carbohydrates as that is already done for you!



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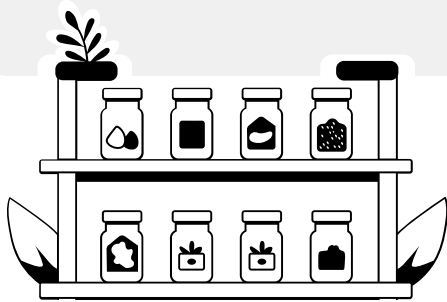
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## S O D I U M

### LESS IS MORE

Consuming too much sodium can increase your risk of high blood pressure, heart disease, and stroke. Sodium is added in most processed foods and is in both table salt and sea salt.



### SPICE IS NICE!

Instead of adding salt, try...

- Experimenting with spice and herbs
- Adding citrus juice - lemon and/or lime juice can bring out flavors in your meal without the salt

### FUN FACTS ABOUT SODIUM



Premade soup is often high in sodium.



Packaged foods are major sources of sodium. Cooking fresh at home is the best way to avoid this trap!



Rinsing your canned veggies and beans can lower the sodium intake.



Try salting your food at the table. Instead of salting it while you cook.



### REMINDER

The 2020-2025 Dietary Guidelines for Americans, including older adults, recommends consuming less than **2300 mg** of sodium per day, or the equivalent of **1 teaspoon of table salt**.

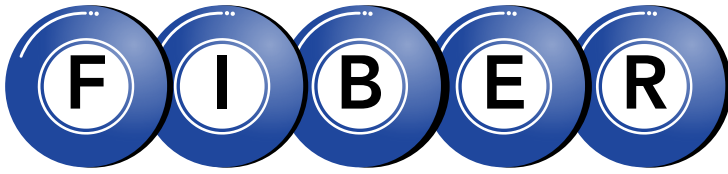


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## KEEP THE COLON ROLLIN'

Eat **whole foods** for fiber. Fiber is found in fruits, vegetables, legumes, and whole grains. Just one benefit of fiber is that it helps the body eliminate waste better (*yes, it helps you poop*).



### WHOLE GRAINS = MORE FIBER

Choose cereals and breads with **100% whole grain** listed **first** in the ingredients list.

**Also:** brown rice, whole veggies, whole fruits, beans, nuts, + seeds!

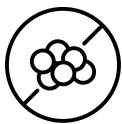


### LESS FIBER = LESS NUTRIENTS

Carbohydrates that are made from processed, **refined grains** are much **lower in fiber and nutrients**.

**Try to eat less:** white rice and bread, enriched pasta, Saltines, + pretzels.

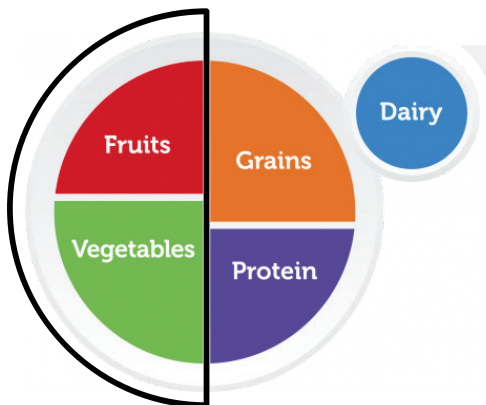
## FUN FACTS ABOUT FIBER



Fiber can help you lower your cholesterol.



Fiber helps keep you feeling full longer!

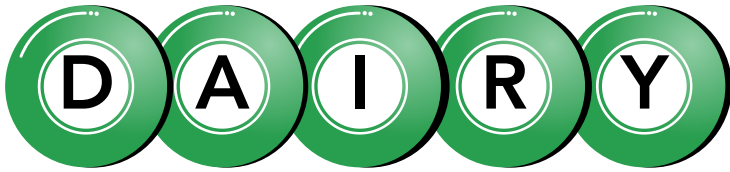


## REMINDER

Fresh, frozen, and/or canned fruits and vegetables are all **high in fiber** and provide important nutrients! **Half** of your plate should be filled with these.



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## MORE IS MORE.

Dairy is an important part of our diet and is high in both **calcium** and **Vitamin D**. Aim for at least **3 servings of dairy a day**; choose lower-fat options for fewer calories and higher-fat options for more calories or energy.

## 1 PER MEAL

~~RULE OF THUMB~~ MOOOO: *minimum* of 1 serving of dairy per meal.



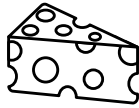
Milk  
(1 cup)



Yogurt  
(1 cup)



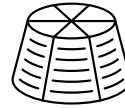
Kefir  
(1 cup)



Cheese  
(1 1/3 oz)



Shredded  
Cheese  
(1/3 cup)

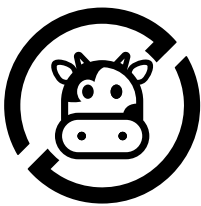


Ricotta  
Cheese  
(1/2 cup)



Soy/Almond/Oat  
Milk fortified with  
Vitamin D  
(1 cup)

## FUN FACTS ABOUT DAIRY



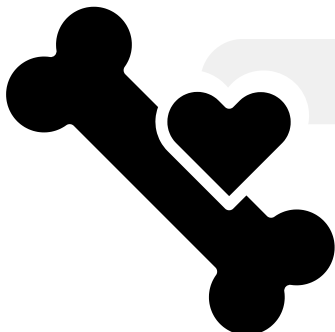
### What about vegans?

Soy/almond/oat/etc. options are great, but make sure they are **fortified with Vitamin D** and check if they have been flavored with sweeteners!



### Why is Vitamin D important?

**Vitamin D** helps your body absorb **more calcium**. It is the combination of the two that keeps your bones strong.



## REMINDER

Try adding dry milk to your favorite recipes to increase calcium and vitamin D!



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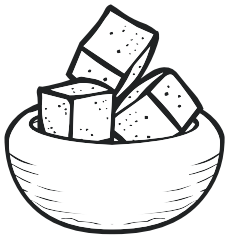
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## ADDED SUGARS

Added sugars are not the same as naturally occurring sugar in fruits and milk. Diets high in added sugars may lead to an increased risk of heart disease, cancer, type 2 diabetes, and excess weight gain.

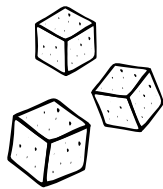
## HOW TO REDUCE ADDED SUGARS



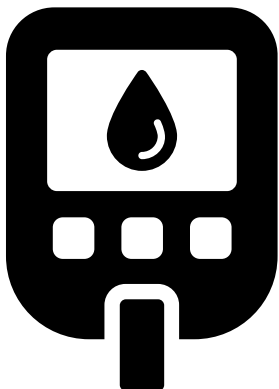
- Read labels and choose foods lower in added sugars
- Drain out the liquid from fruits canned with sugar and then rinse
- Choose lower sugar recipes
- Add less sugar to your favorite recipes
- Limit sodas, sports drinks, and sweetened beverages

## FUN FACTS ABOUT ADDED SUGARS

When looking at food labels, added sugars are listed **separately** under carbohydrates.



They have **many names such as:** agave, corn sweetener, dextrose, juice concentrate, glucose, honey, maltodextrin, maltose, molasses, sucrose, and anything with the words **sugar** or **syrup**.



## REMINDER

Added sugar is already included in the carbohydrate count on the food label, so there is no need to add this number to the total carbohydrate count. **This is important to know when adjusting insulin.**



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## KEEPING YOU SAFE

Safe food is free of harmful **bacteria**, **viruses**, or **contaminants** that can make you sick. There are things you can do to help keep yourself safe.

## START AT THE GROCERY STORE



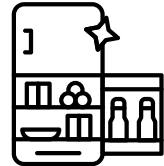
Buy food from reputable sources



Keep hot-foods hot and cold-foods cold during transport



Put groceries away promptly to keep harmful bacteria from growing



To contain any leak contamination, place your raw meat and eggs on the bottom shelf of the refrigerator

## FUN FACTS ABOUT FOOD SAFETY



**Refrigerators** should stay at or below **40°F**

**Freezers** should stay at or below **0°F**



Grocery stores sell pasteurized-in-the-shell eggs that have been heated to kill off bacteria. They can cost more, but it lowers the risk of foodborne illness. Look for the **P** stamp!

## REMINDER



- **Wash your hands** before preparing, cooking, or eating
- Thaw food safely in the refrigerator or under cold running water; thaw food in the microwave only if using right away
- **Do not rinse raw meat or chicken**
- Use separate, clean cutting boards, knives, and utensils when preparing raw meat and any other food. No one wants veggies cut with the same knife as raw chicken!



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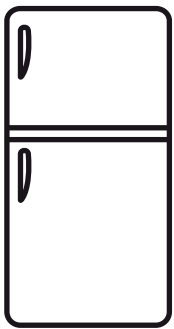
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## IS IT DONE YET?

Storing, preparing, and cooking foods to the proper temperature can help prevent foodborne illness.

## HOW TO STORE AND THAW PERISHABLE FOODS

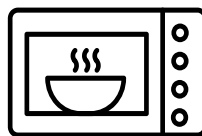


- Perishable items should be refrigerated or frozen until needed
- Prevent cross-contamination by separating any ready-to-eat items from raw eggs / meat / fish / poultry
- Thaw meats in the refrigerator or under running cold water
  - Never thaw meat at room temperature!
  - If you thaw meat in the microwave, use it immediately
- Refrigerate leftovers right away to stop bacteria from growing at room temperature

## FUN FACTS ABOUT FOOD SAFETY

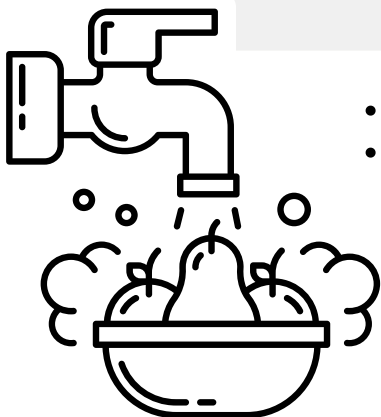


You can help prevent foodborne illness by cooking foods to the proper temperature



If microwaving food, it is important to follow the instructions – including the “stand” time. This allows the cooking process to be completed.

## REMINDER



- **DO NOT WASH** pre-washed vegetables
- **DO WASH** whole fruits and vegetables, even those with a peel
  - Wash *before* cutting to lower the risk of bacteria spreading from the peel to the inside of your food



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## CHOICES<sup>1</sup>

### GET THE MOST NUTRITION BANG FOR YOUR BUCK

Eating at home is more nutritious, but you can make healthier choices in a restaurant, too. **Where** you eat *is not* as important as **what** you eat.

#### AT HOME

- Remember your **MyPlate!**
- Choose leaner cuts of meat
- Drain excess fat into a can while cooking meat, or pat down excess with a paper towel
- Make sure half of your grains are whole grains!
- Add herbs and spices instead of salt

#### AT RESTAURANTS

- Remember your **MyPlate!**
- Choose a smaller entree and add extra vegetables on the side
- Substitute fries with salad, veggies, fruit, or baked chips
- Order butter, sauces, and dressings *on the side*
- Drink milk, water, or unsweet iced tea instead of soda

### FUN FACTS ABOUT HEALTHY CHOICES



Good news! Popcorn is a whole grain.



Go light on the butter and salt, and you have a nutritious snack.

### REMINDER



It can be easy to go back to old habits while baking, but try healthier options!

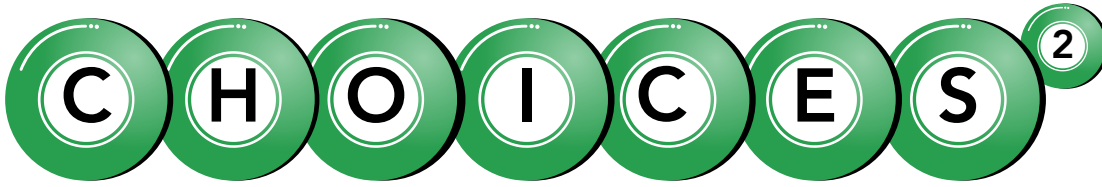
- Swap some sugar with fruit puree, mashed bananas, or berries
- Try replacing oil with plain applesauce
- Replace some flour with whole-wheat flour or ground flax seed
- Add spices like cinnamon for more flavor



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## THE POWER OF COOKING AT HOME

Cooking at home puts you in control and lets you make a more nutritious plate.

## TIPS FOR PREPARING MORE NUTRITIOUS MEALS

- Steam, grill, bake, roast, braise, or stew your proteins instead of frying
- Keep frozen vegetable mixes on hand to easily add colorful variety
- Add beans or lentils to your salad for more protein and fiber
- Add extra vegetables to homemade casseroles and pasta
- Choose corn tortillas instead of flour to get more fiber
- Choose whole wheat pastas and whole grain cereals
- Steam vegetables instead of boiling

## FUN FACTS ABOUT COOKING AT HOME



**How should I cook veggies?**

Place veggies on a steamer in the pot on the stove (the steamer acts like a veggie shelf). Fill water to level of the steamer and cover the pot.



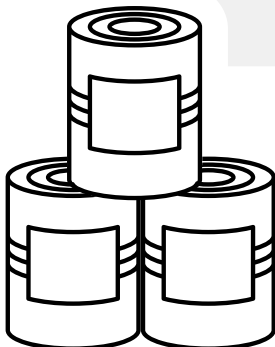
**Why do I need to cover the pot?**

Covering the pot keeps important nutrients in while cooking.



**But I do not have a stove!**

A microwavable steamer is also a good option and can save time!



## REMINDER

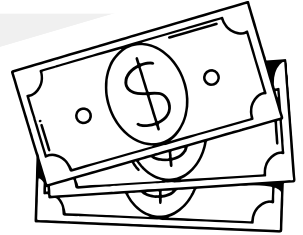
Fresh, frozen, and canned fruits and vegetables all count towards your daily fruit and vegetable goals! You can rinse canned items to reduce sugar and sodium.

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## BUDGETS<sup>1</sup>

### FOOD RESOURCE MANAGEMENT

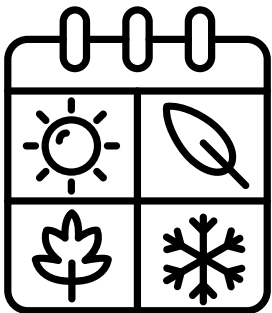
Groceries are something we all need to spend money on, but there are ways to stretch your grocery budget and make it a bit more manageable.



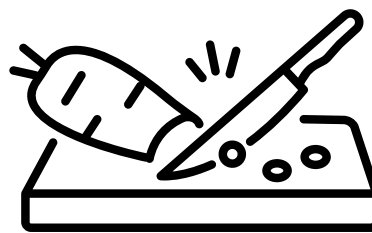
### BUDGET HABITS

- Make a shopping list to only buy items that are needed
- Use coupons and check out the in-store sales flyer
  - Shop at more than one store if there are items on sale that you enjoy
- Choose generic brands over name brands, some may be cheaper than the name brand item even when using coupons
- Include low-cost protein options like eggs and beans so you are not always spending money on fresh meat
- When meat is on sale, you can freeze it in recipe-sized portions

### FUN FACTS ABOUT BUDGET PRODUCE



In season fruits and veggies are less expensive, so try to meal plan around those!



If possible, skip the pre-cut fruit and veggies and chop it yourself at home! This is a big money saver.



### REMINDER

As long as they are sealed, dry goods have a longer shelf life than fresh foods. If you can buy in bulk, buy things like rice, oatmeal, pasta, beans, etc.



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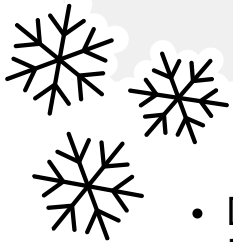


# NUTRITION: EDUCATION TAKE-HOME PACKET



## PLAN AHEAD AND SAVE MONEY

You can save time *and* money by meal planning for home instead of eating out. If you plan ahead, you can save even *more* time and money!

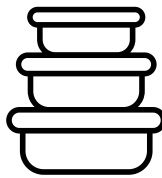


## ICE, ICE, BABY

- Double a recipe when planning meals and freeze smaller portions for future use.
- Divide a casserole into two 8x8-inch pans instead of a 9x13-inch pan. Eat one now and freeze the other!
- When ground beef is on sale, make things like meatloaf. Make 2 loaves and freeze one to bake another day.
- Cook ground beef, drain, and freeze in recipe-sized portions.
- Chop leftover onions, peppers, and celery to freeze and use in future recipes.
- Freeze leftover meat and veggies for soups or casseroles.

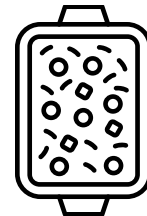
## FUN FACTS ABOUT LEFTOVERS

Having leftovers does not mean you have to be stuck with one meal. Re-purpose the same ingredients in another way!



For example: cook ground beef on a Monday, and you have lots of possibilities!

- Taco Tuesday
- Spaghetti Wednesday
- Shepherd's Pie Thursday



Make a big casserole? Freeze leftovers in meal-sized portions!

**Pro-tip:** this works great with lasagna.



## REMINDER

Purchasing a product in the largest package does not always mean it is cheaper. Remember to look at the **unit price** to see which one is the best deal.

# NUTRITION: EDUCATION TAKE-HOME PACKET

## VITAMINS

### THE VITAMIN ALPHABET

Vitamins are important for our body and health because they help us grow and heal our bodies. Different vitamins support different functions in our body.

#### VITAMIN A

**Eat:** Yellows, reds, + green fruit and veg



**Helps:** Immune system

#### VITAMIN C

**Eat:** Yellow + orange fruit and veg



**Helps:** Eyes + vision health

#### VITAMIN D

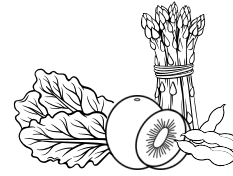
**Eat:** Dairy and fortified options



**Helps:** Teeth, bones, muscles

#### VITAMIN K

**Eat:** Green, green, green!



**Helps:** Blood clotting + bones

#### VITAMIN B12

**Eat:** Meat, dairy, fortified products



**Helps:** Blood cells, brain + nerve cells

### FUN FACTS ABOUT VITAMINS

The older you get, the more Vitamin D you need.

**Under 70?**

You need 600 IU (15 mcg) daily.

**Over 70?**

You need 800 IU (20 mcg) daily.



### REMINDER



Before making any major changes in diet or vitamins, it is important to talk to your doctor about your current medications and any potential interactions.

For example, leafy greens can interfere with blood thinner medications. But this *does not* mean to cut them out of your diet - it means not to make drastic changes! When in doubt, ask your doctor.



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# NUTRITION: EDUCATION TAKE-HOME PACKET

## MINERALS

### MINERAL SOURCES

Set your table with a variety of foods from all the food groups in MyPlate to help you meet your mineral needs.

#### CALCIUM

**Helps:** muscles, bones, teeth



#### MAGNESIUM

**Helps:** heart, mood, blood sugar levels



#### POTASSIUM

**Helps:** blood pressure, kidney stones, bone health



#### ZINC

**Helps:** eyes, skin, immune system, senses



### FUN FACTS ABOUT CALCIUM

The older you get, the more Calcium you need.

Under 70?

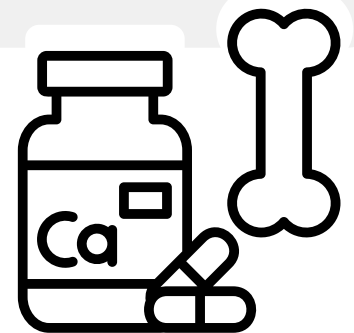


You need 1000 mg daily.

Over 70?



You need 1200 mg daily.



### REMINDER

While food is your best source of minerals, a supplement may be beneficial for some. Check with your healthcare provider to see what is best for you.

# NUTRITION: EDUCATION TAKE-HOME PACKET

## S U P P L E M E N T S

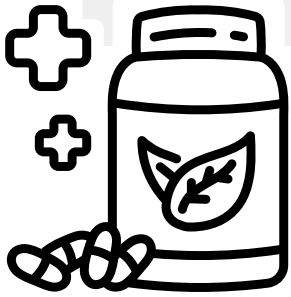
### SUPPLEMENTS + MEDICATIONS

Supplements are an added source of nutrition in the form of a pill, powder, or liquid that help provide the extra nutrients our bodies need when we are not able to get enough through our diet alone.

Older adults need vitamins and minerals even more than younger adults. But as you age, you may not eat as much as you used to and/or your body may not absorb nutrients as well as it used to. Additionally, medications can change your ability to absorb some nutrients.

All the more reason to talk to your doctor about supplements!

### FUN FACTS ABOUT SUPPLEMENTS



Different multivitamins come with minerals specifically designed for what you need. For example, older adults may need less iron or pregnant women need more folate.



If you are having trouble maintaining weight, talk to your doctor about taking liquid meal replacement between meals or in the evening to ensure you are getting sufficient calories and protein.

The Food and Drug Administration (FDA) only regulates food and medications. Dietary supplements, energy drinks, and diet products are not considered food or medication, and are **not regulated**. This is why it is so important that you talk to your doctor about them.



### REMINDER



If you are eating a diet high in nutrient rich foods with adequate calories and protein, you may not need a supplement.

**Check with your doctor** on what is best for you because taking a supplement depends on **many factors**.