

Minerals

Minerals, they're not just found on the periodic table!

Setting your table with a variety of foods from all the food groups in MyPlate will help you meet your mineral needs, such as calcium, magnesium, potassium and zinc. While food is your best source of minerals, a supplement may be beneficial for some older adults.

Check with your health care provider to see what is best for you.

Calcium

Helps build muscle strength and keeps your bones and teeth strong



Dairy products
Fortified nondairy milk
Tofu
Nuts
Leafy greens
Broccoli
Fortified orange juice
Canned seafood

Magnesium

Helps keep your heart healthy, your mood elevated and your blood sugars in a healthy range

Nuts
Seeds
Leafy green vegetables



Potassium

Helps lower your risk of high blood pressure, kidney stones and osteoporosis



Sweet potatoes
White potatoes
Bananas
Oranges
Beans
Yogurt
Leafy greens
Prunes



Zinc

Helps keep your eyes and skin healthy, your immune system strong, and your sense of taste and smell working well

Oysters
Fortified cereal
Red meat
Dark chicken meat
Pumpkin seeds
Sunflower seeds



Did you know?

Adults over 70 years old need more calcium. 1000 mg is the daily recommended amount for adults ages 19-70 years old.
1200 mg is the recommended amount if you're over 70 years old.

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