



# Food Hero for Older Adults

*Focus on Calcium and Vitamin D*



To get enough calcium each day, turn to foods before supplements.

Kale, bok choy, collards and mustard and turnip greens provide calcium that is well absorbed by the body.

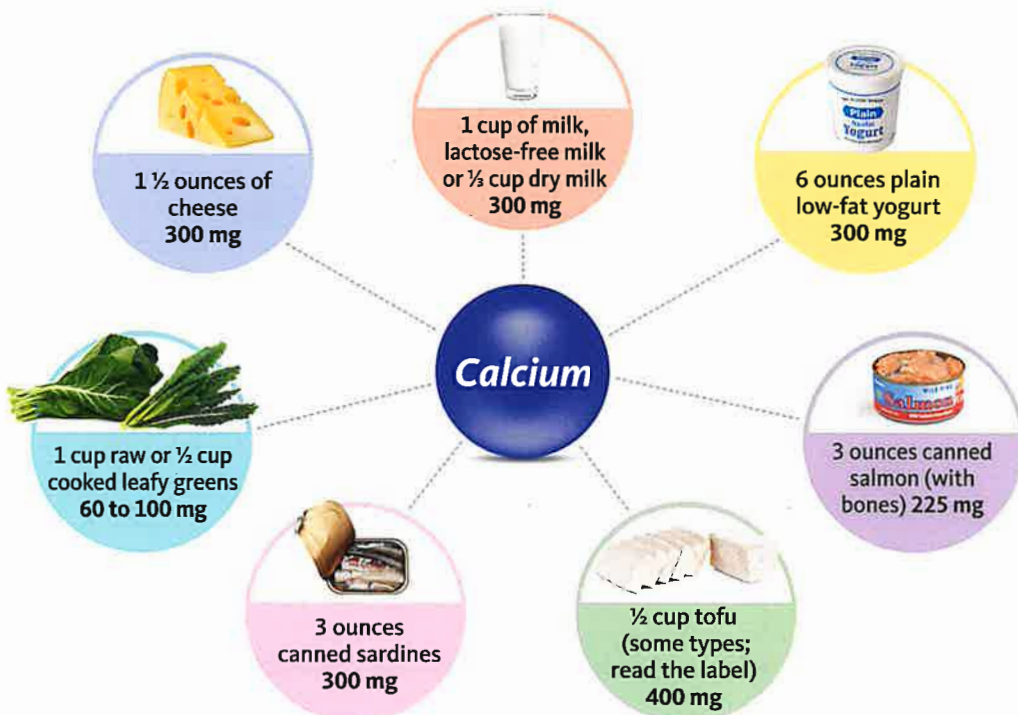


Fortified foods such as cereal, plant milks and orange juice also provide calcium and vitamin D. Read each label for the amount in a serving.

Vitamin D is in a few foods and our skin can make it using the energy from sunlight. If you do not get enough, you may need a supplement.

Before adding supplements, talk to a healthcare provider to know what is right for you; too much can be harmful.

*Calcium, vitamin D and physical activity work together to support healthy bones and muscles*

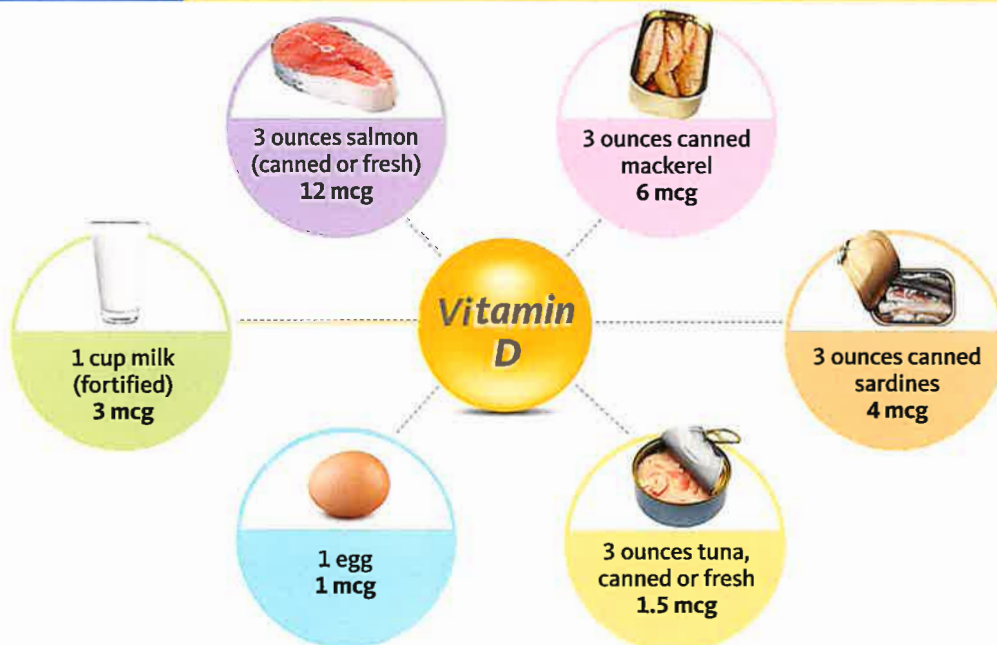


**How much calcium and vitamin D do you need each day?**

**Women** over age 50: aim for 1,200 milligrams (mg) of calcium.

**Men** age 50 to 70: aim for 1,000 milligrams (mg) of calcium.

**All adults at age 70:** increase vitamin D from 15 mcg to 20 mcg.





# Classics Stay Strong

Make this a meal with a whole grain roll and roasted vegetables or a fruit salad.

If you have lactose intolerance, try lactose-free milk, fortified plant milk and easier-to-digest dairy such as hard cheeses and yogurt.

Ultra-filtered milk is dairy milk with lactose removed, which makes it higher in protein and lower in carbohydrate.

Nutrition Facts labels show the amount of calcium in milligrams (mg) and of vitamin D in micrograms (mcg) of one serving.

The unit of measurement for vitamin D has been updated from international units (IU) to micrograms (mcg). 40 IUs = 1 mcg



## Nutrition Facts

4 servings per container  
Serving size 1 patty (137g)

Amount per Serving  
**Calories 170**

% Daily Value\*

**Total Fat** 7g 9%  
**Saturated Fat** 1.5g 8%  
**Trans Fat** 0g

**Cholesterol** 105mg 35%

**Sodium** 370mg 16%

**Total Carbohydrate** 6g 2%

**Dietary Fiber** 1g 4%

**Total Sugars** 2g

**Includes** 0g **Added Sugars** 0%

**Protein** 20g

**Vitamin D** 12mcg 60%

**Calcium** 249mg 20%

**Iron** 1mg 6%

**Potassium** 373mg 8%

**Vitamin A** 127mcg 14%

**Vitamin C** 3mg 4%

\*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.

## Salmon Patties

**Makes** 4 (4-inch) patties

**Prep time:** 10 minutes

**Cook time:** 10 minutes

### Ingredients

1 can (14.5 ounces) **salmon** with bones, drained

1 slice of **bread**, torn into small pieces

1 Tablespoon **mayonnaise**

1 Tablespoon **lemon juice**

1 **egg**, lightly beaten

½ cup minced **celery**

½ cup minced or grated **carrot**

½ cup minced **onion**

### Directions

1. In a medium bowl, break up the salmon and mash the bones with a fork. Remove the salmon skin if desired.
2. Add the rest of the ingredients and mix well.
3. Firmly press about ½ cup of the mixture into a 1-inch thick patty. Repeat to make more patties.
4. Lightly spray or oil a large skillet and place it over medium heat.
5. Add the patties and cook until they are golden brown, about 5 to 7 minutes per side.
6. Refrigerate leftovers within 2 hours.

### Notes

- Try canned tuna or mackerel instead of salmon.
- Use ¼ cup dry bread crumbs instead of sliced bread
- Make your own bread crumbs from stale bread.

## Low-Fat Tartar Sauce

In a small bowl, combine 1/2 cup low-fat **plain yogurt**, 1 Tablespoon **pickle relish**, 2 teaspoons **dried minced onion**, 1 teaspoon **dried parsley flakes**, 1 teaspoon mustard and 2 drops **hot pepper sauce** (optional). Serve right ahead or cover and refrigerate until used. **Makes** 1/2 cup

**Nutrition Facts** for a 2 Tablespoon serving: 20 calories, 0.5 g fat, 0 g saturated fat, 0 mg cholesterol, 95 mg sodium, 3 g total carbohydrate, 0 g fiber, 2 g protein, 0 mcg **vitamin D**, 59 mg **calcium** (4% DV), 0 mg iron, 82 mg potassium (2% DV)