



Cerna's
Smart Guide
for Better Nutrition

CERNA
HOMECARE
Caring for life.

why?

WHY IT IS IMPORTANT TO EAT RIGHT AT ANY AGE?

Good nutrition at any age is not really an option - it is a requirement for the best physical and mental function. Eating well helps us to age well. Think of healthy food as the clean fuel our bodies need to function, but also as preventative medicine.



Combined with exercise, eating well can prevent or slow down the progress of many chronic illnesses, such as:

- heart disease
- osteoporosis
- diabetes
- some forms of cancer

Without a healthy diet, you might risk any of the below needed functions.

FACTS:

- Food's nutrients support the activities of day-to-day living
- Food's nutrients protect your cells from environmental damage
- Food's nutrients repair any cellular damage that might occur
- Food's protein rebuilds injured tissue
- Food's nutrients promote a healthy immune system
- Food's carbohydrates and fats fuel your body
- Food's vitamins and minerals support your body's processes
- Food's vitamins A, C and E, act as antioxidants to protect your cells against toxins
- Food's vitamin B help you extract energy from the foods you eat
- Food's calcium and phosphorus keep your bones strong
- Food's sodium and potassium help to transmit nerve signals



what?

WHAT IS EATING RIGHT OVER 50?

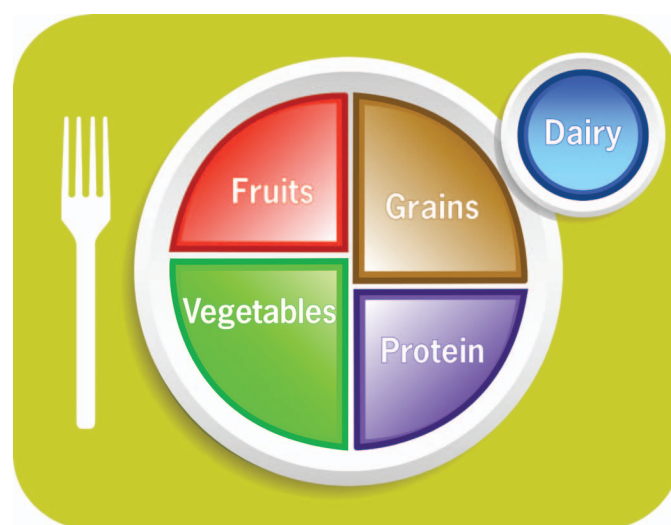
As we age, we require fewer calories and more nutrients. Seniors have higher rates of heart disease, cancer, high cholesterol and high blood pressure than the rest of the adult population.

These diseases can be prevented or controlled through healthy eating and regular physical activity.

Consider this - eating right can mean the difference between independence and a life spent relying on others.

CALORIE INTAKE GUIDELINES:

Provided by the National Institute of Aging



Suggested food group servings for older adults.

Age 50 and older >	Men (calories/day)	Women (calories/day)
Low activity	2,000	1,600
Medium activity	2,200 to 2,400	1,800
High activity	2,400 to 2,800	2,000

4 SIMPLE TIPS FOR EATING RIGHT:

1. Cook your own food (use leftovers and take your food when away from home).
2. Avoid processed foods, fast food and sugary drinks.
3. Eat in moderation.
4. Drink at least 35 oz. of filtered water a day.

EAT THIS: “Yes!”	AND LESS OF THAT: “No!”
Vegetables and fruit	Saturated fat <ul style="list-style-type: none"> • Butter • Lard • Bacon • Deli meats
Whole grains <ul style="list-style-type: none"> • Breads • Pasta • Oatmeal • Brown rice 	Trans fat <ul style="list-style-type: none"> • Cookies • Cakes • Deep fried foods
Legumes <ul style="list-style-type: none"> • Dried • Beans • Peas • Lentils 	Refined or enriched grains
Fish	Salt & sugar <ul style="list-style-type: none"> • Sugary drinks • Jams • Candies • Baked goods
Lean meat and poultry <ul style="list-style-type: none"> • Calcium-rich foods • Low-fat milk • Yogurt • Cheese 	
Unsaturated fats <ul style="list-style-type: none"> • Vegetable oils • Nuts • Seeds 	



planning

PLANNING, SHOPPING AND MEAL PREP

Start by deciding on the important supplies you should always have in your kitchen. Vegetables and fruit should **always** make up at least half your meal, but also include grains for energy and fiber, a small amount of meat or meat alternatives and low-fat dairy products for protein.

PLAN YOUR PLATE

When planning your meals, try to build your meals with food from all four food groups:

- Meat or legumes (for protein)
- Vegetables/fruit (for vital nutrients)
- Dairy (for protein)
- Grains (for energy and fiber)

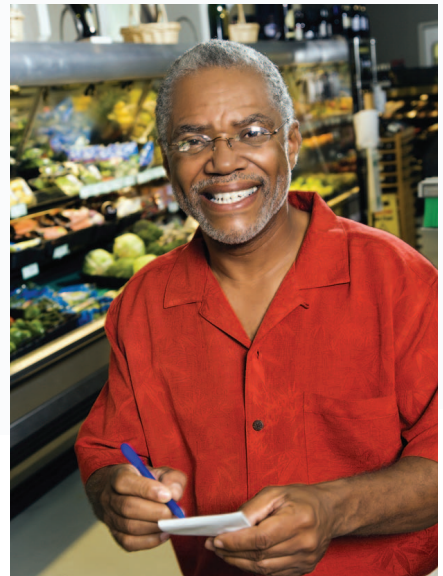


shop

PLANNING, SHOPPING AND MEAL PREP

TIPS FOR SHOPPING ON A BUDGET:

- Make a list of possible meals for the following week
- Try to use what you already have first, before buying fresh
- Consider your local grocery store's weekly food specials when writing your grocery list
- Buy staples with a long shelf life on sale - broth, soups, pasta, rice, canned veggies
- Buy local vegetables and fruit that are in season; it is less expensive
- Plan meals that you can portion-out and eat another day or freeze - like soup or stew
- Store brands are often cheaper



MAKE IT EASY:

Frozen or Dried:

Vegetables and fruit are frozen, canned and dried at the peak of freshness so you receive the same health benefits – plus they cost less. Make sure fruits are packed in juice **not** sugary syrup.

Fresh:

When going the fresh route, use bagged, pre-washed greens and pre-cut vegetables; it is a good practice to still wash the greens even if they are pre-washed.



Ask the deli counter for their leanest cuts of meat.

prep

PLANNING, SHOPPING AND MEAL PREP

**These are all healthy
ways to cook:**

- Baking
- Barbecuing
- Broiling
- Crockpot
- Grilling
- Steaming
- Stir frying
- Microwaving
- Roasting



The healthiest way to cook is to trim off the fat and skin from meat and cook with little or no fat.



***Frying food is NOT healthy
and should be avoided.***

The following menu and recipes offer a lot of room for adding your favorite fruits and vegetables, using leftovers and making extra for freezing.



BREAKFAST

Instant Oatmeal with Oranges

Juice, Milk, Water

Tip: Good Housekeeping Research Institute's test kitchen, along with consumers chose Quaker Instant Oatmeal as the "Best" Instant Oatmeal.

100 calories, 2 grams of fat, 0 grams of sugar, and 3 grams of fiber per serving.

- 1 serving/packet instant oatmeal
- 1 navel orange, peeled and sliced

Prepare oatmeal according to package directions. Garnish with orange slices and serve.



LUNCH

Turkey & Corn Wrap

Fruit, Milk, Water

- 1/4 cup corn kernels frozen (thawed) or canned
 - 1/8 cup chopped tomato
 - 1/2 tablespoon canola oil
 - 3/4 teaspoons red-wine vinegar or cider vinegar
 - 2 thin slices low-sodium deli turkey (about 4 ounces)
 - 1 8-inch whole-wheat tortillas
 - 1/2 cup chopped romaine lettuce
1. Combine corn, tomato, sun-dried tomatoes, oil and vinegar in a medium bowl.
 2. Place turkey on the tortilla. Top with the corn salad and lettuce. Roll up. Serve the wrap cut in half, if desired.

DINNER

Salmon with Honey and Mustard Sauce

Juice, Milk, Water

- 6 salmon fillets
- 1 medium onion
- 1/2 lemon
- 2 garlic cloves
- A few bay leaves
- 2 tablespoons honey
- 1 tablespoon mustard
- 1/2 teaspoon salt
- 6 tablespoons olive oil

Combine the sliced garlic, olive oil, salt, mustard and honey and marinate the salmon fillets for five hours. Lay the salmon on a tray, top with sliced lemons and bay leaves. Cover the tray with parchment paper and cook in a 320°F (160°C) preheated oven.

Serve with sautéed vegetables, potato cakes or mashed potatoes if desired.

SNACK

After dinner suggestion:

Peanut Butter and Apple

DESSERT

After dinner suggestion:

3 Sugar Free Cookies





BREAKFAST **Scrambled Eggs with Sliced Tomato** *Whole Wheat English Muffin, Fruit, Juice*

- 2 eggs
- 1 tomato
- Salt & pepper to taste
- Spray cooking oil (Pam)

BEAT eggs, milk, salt and pepper in bowl until blended. Spray cooking oil in skillet to coat pan. Turn on medium heat until skillet is hot. POUR IN egg mixture.

As eggs begin to set, GENTLY PULL the eggs across the pan with a spatula, forming large soft curds. Continue until all of the liquid egg is gone.

Slice and plate the tomato with scrambled eggs.

Serve with fresh fruit and whole wheat English muffin.

LUNCH **Grilled Peanut Butter and Banana Sandwich**

Juice, Milk, Water

- Cooking spray
- 2 tablespoons peanut butter
- Skippy Peanut Butter Creamy
- 2 slices whole wheat bread
- 1 banana, sliced

Heat a skillet or griddle over medium heat, and coat with cooking spray. Spread 1 tablespoon of peanut butter onto one side of each slice of bread. Place banana slices onto the peanut buttered side of one slice, top with the other slice and press together firmly. Heat the sandwich until golden brown on each side, about 2 minutes per side.



DINNER **Easy Garlic Chicken for 2** *Whole Wheat Dinner Roll, Side Salad or Vegetables*

- 1.5 tablespoons butter
- 2 skinless, boneless chicken breast halves
- 1 teaspoon garlic powder
- 1/2 teaspoon seasoning salt
- 1/2 teaspoon onion powder

Melt butter in a large skillet over medium high heat. Add chicken and sprinkle with garlic powder, seasoning salt and onion powder. Sauté about 10 to 15 minutes on each side, or until chicken is cooked through and juices run clear. Serve with a simple side salad or vegetables and a whole wheat dinner roll.

SNACK

Afternoon snack suggestion:

Small fruit smoothie (see Wednesday's breakfast recipe)

DESSERT

After dinner suggestion:

Angel Food Cake with Strawberries

These healthy eating suggestions should be accompanied by frequent check-ups with a physician and proper administration of prescribed medications. Read food labels and read this guide in its entirety.

BREAKFAST

Fruit Smoothie

Tip: Anytime fruit is getting over-ripe, simply freeze it. Peel bananas, break them in half, put them in a baggie and freeze them. Add whey protein. It has been highly recommended by top neurologists for neuro-disorders, brain health, muscle maintenance and development.

Add to blender:

- 2 cups orange juice (or juice on-hand)
- 1 small container yogurt
- 1/2 cup blueberries (fresh or frozen)
- 1/2 banana (fresh or frozen)
- 1/2 cup Spinach (fresh or frozen)
- 1/2 cup peaches or mangos
- 1 scoop whey protein
- 1 cup ice (optional)

Blend until smooth

Tip: This is a great replacement meal for lunch or dinner if time is short.

SNACK

Afternoon snack suggestion:
Banana and Nutella

DESSERT

After dinner suggestion:
Sugar Free Ice Cream with 1/8 cup Granola

LUNCH

Broccoli Salad for 2

Juice, Milk, Water

Salad:

- 1 cup finely chopped broccoli
- 1/4 cup finely chopped red or yellow pepper
- 1 tablespoon finely chopped green or red onion
- 2 tablespoon chopped dried apricots (or raisins)
- 2 tablespoon sunflower seeds, unsalted, plain

Mix all salad ingredients together in a small bowl. Set aside.

Dressing:

- 1 tablespoon light miracle whip or mayonnaise
- 1 tablespoon plain low fat yogurt
- 1½ teaspoon vinegar
- 1 teaspoon sugar

Mix ingredients for dressing in a jar or cup. Pour dressing over top of broccoli mixture and toss lightly.

Tip: Any leftovers will keep well in the refrigerator for 1-2 days.



DINNER

Chicken Soup

Juice, Milk, Water

Tip: Store and eat for up to a week.

Tip: Substitute your favorite vegetables like broccoli, green beans, and mushrooms.

- 1 whole roasted chicken – (\$5.00 at Costco)
- 5 sticks celery chopped
- 1/2 bag of small carrots cut in quarters
- 3 cups broccoli chopped
- Salt and pepper for taste while simmering
- 1 quart water

Strip the chicken of all meat and remove skin from meat. Set aside.

Place the chicken carcass in a large pot with 1 quart water and bring to a boil. Strain the broth and throw away the carcass. Pour the strained broth back into the pot.

Chop up meat. Place meat and chopped vegetable in the pot with broth. Simmer on low heat for two hours. Add salt and pepper to taste.

Tip: Separate 3 days of portions in into plastic containers and refrigerate. Freeze the remainder for later.

BREAKFAST

Egg and Avocado
Whole Grain Toast, Juice, Milk, Water

- 2 eggs
- 1/2 avocado
- Salt & pepper to taste
- Spray cooking oil (Pam)

Hard boil or fry two eggs.

Hard boil method: place 2 room temperature eggs in softly boiling water for 15 minutes. Let cool before handling.

Pan fry method: Heat a non-stick skillet over medium heat, and lightly coat with cooking spray. Break eggs into pan. Don't mix or stir eggs. When turning, with a spatula, simply chop into two of four sections as the yolks begin to harden.

Cut one avocado in half, and place the other half with the pit intact in a zip lock bag and refrigerate.

Slice the avocado and serve eggs with toasted whole grain bread.

Tip: Add sliced tomatoes and make a sandwich.

SNACK

Afternoon snack suggestion:
Cottage Cheese and fruit)

DESSERT

After dinner suggestion:
Frozen Yogurt with strawberries



LUNCH

Roasted Vegetables

Fruit, Milk, Water

- 1 small butternut squash, cubed
- 2 cubed red bell peppers, seeded and diced
- 1 sweet potato, peeled and cubed
- 3 Yukon Gold potatoes, cubed
- 1 red onion, quartered
- 1 tablespoon chopped fresh thyme
- 2 tablespoons chopped fresh rosemary
- 1/4 cup olive oil
- 2 tablespoons balsamic vinegar
- Salt & freshly ground black pepper

Preheat oven to 475 degrees.

In a large bowl, combine the squash, red bell peppers, sweet potato, and Yukon Gold potatoes. Separate the red onion quarters into pieces, and add them to the mixture.

In a small bowl, stir together thyme, rosemary, olive oil, vinegar, salt, and pepper. Toss

with vegetables until they are coated. Spread evenly on a large roasting pan. Roast for 35 to 40 minutes in the preheated oven, stirring every 10 minutes, or until vegetables are cooked through and browned.

Tip: Use leftovers in eggs, quesadillas and salads.

DINNER

Easy Slow Cooker Pot Roast

Juice, Milk, Water

- 4 pounds chuck roast salt and pepper to taste
- 1 packet dry onion soup mix
- 1 cup water
- 3 carrots, chopped
- 1 onion, chopped
- 3 potatoes, peeled and cubed
- 1 stalk celery, chopped

Season the roast with salt and pepper to taste. Brown on all sides in a large skillet over high heat, about 4 minutes per side.

Place the roast in the slow cooker and add the soup mix, water, carrots, onion, potatoes, and celery. Cover and cook on Low setting for 8 to 10 hours or on high for 4 to 5 hours.

Tip: Separate 3 days of portions into plastic containers and refrigerate for the current week. Freeze the remainder for later.



BREAKFAST Healthy Blueberry Breakfast Smoothie

- 1 cup fresh blueberries
- 1/2 cup Greek yogurt
- 1/4 cup orange juice
- 1 tablespoon honey, or to taste
- 1/4 teaspoon vanilla extract
- 1 pinch ground cinnamon, or to taste 3
- ice cubes

Add all ingredients to list
Blend blueberries, yogurt, orange juice, honey, vanilla extract, and cinnamon together in a blender on low speed for 30 seconds; increase speed to high and blend until smooth, about 2 minutes. Add ice and blend on high until smooth, about 1 minute more.

Tip: If you want it a bit sweeter, try adding more orange juice

SNACK

Afternoon snack suggestion:
Small fruit smoothie (see Wednesday's breakfast recipe)

DESSERT

After dinner suggestion:
Sugar-free pudding

LUNCH

Leftovers Quesadilla *Fruit, Milk, Water*

(a great way to use leftovers!)

- 1 whole wheat soft tortilla (7")
- 1/4 cup shredded low-fat mozzarella cheese
- 3/4 cup cooked vegetables (leftovers if you have them)
- Cooked meat (optional - leftovers if you have them)
- Sliced olives or sun dried tomatoes (optional)

Chop vegetables and grate cheese before you start to cook. Heat a non-stick frying pan over medium heat. Place tortilla on heated pan.

Quickly place vegetables on top of tortilla and cover with grated cheese. Lift up half the tortilla and fold over the other half, enclosing the vegetables and cheese, and lightly press on top to hold together.

Cook until the tortilla is lightly browned and crispy.

Flip over and cook the other side. Cut in half and serve with a small amount of salsa and a side of fruit.

Tip: Divide a fresh bottle of salsa into small portions. Then pop in the freezer where they stay fresh and are quick to thaw when you need them.

DINNER

Quick Steamed Fish Fillets with Potatoes & Asparagus

- 1/2 cup small new potatoes, quartered
- 1/2 cup asparagus or green beans, cut into 2-inch pieces
- 1- 4 ounce fish fillet
- 2 tablespoon chopped fresh tomatoes
- 1/4 teaspoon dried basil
- Black pepper to taste
- 1/2 teaspoon non-hydrogenated soft-tub margarine or butter
- 1/2 teaspoon lemon juice

Place potatoes in a large steamer set over a pot of boiling water. Cover and steam for eight to 10 minutes until they begin to soften but are not fully cooked. Place asparagus on top of potatoes. Place fish fillet on top of asparagus.

Top with chopped tomatoes and sprinkle with basil and pepper. Cover and steam for five to six minutes until fish is opaque and flakes easily with a fork. Dot with margarine, cover and steam for 30 seconds more. Sprinkle with lemon.



BREAKFAST

Baked Oatmeal

Fruit, Milk, Water

Tip: You can mix this in the evening and refrigerate it overnight. Then, bake in the morning.

- 1 tablespoon canola oil
- 1/2 cup unsweetened applesauce
- 1/3 cup brown sugar
- Egg substitute equivalent to 2 eggs, or 4 egg whites
- 3 cups uncooked rolled oats
- 2 teaspoons baking powder
- 1 teaspoon cinnamon
- 1 cup skim milk.

In a good-sized bowl, stir together oil, applesauce, sugar and eggs. Add dry ingredients and milk. Mix well.

Spray a 9-by-13 baking pan generously with cooking spray. Spoon oatmeal mixture into pan. Bake uncovered at 350 F for 30 minutes.

Tip: Add blueberries to mixture. Eat leftovers during the week or cut in portions and freeze.

SNACK

Afternoon snack suggestion:

String cheese and fruit

DESSERT

After dinner suggestion:

3 Sugar Free Cookies

LUNCH

Bread & Tomato Salad

Milk, Water

Tip: Use day-old bread

- 2 cups diced tomatoes
- 1 cup cubed whole-wheat country bread, crusts removed
- 1/8 cup thinly slivered red onion
- 1 1/2 tablespoons chopped fresh basil
- 1 tablespoons capers, rinsed
- 2 4-1/2-ounce cans sardines optional

Dressing:

- 1 1/2 tablespoons extra-virgin olive oil
- 1 1/2 tablespoons lemon juice
- 1 small clove garlic, minced
- 1/8 teaspoon salt, or to taste
- Freshly ground pepper, to taste

Whisk oil, lemon juice, garlic, salt and pepper in a large bowl.

Add tomatoes, bread, onion, basil and capers.

Toss to combine. Let the salad sit for about 5 minutes to allow it to absorb the dressing's flavors, stirring occasionally. Serve at room temperature.

DINNER

Ground Turkey Tacos

- 2 teaspoons chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon oregano
- 6 ounces extra-lean ground turkey
- 1/2 cup chopped onion
- 4 whole-wheat, low-fat flour tortillas, about 6 inches in diameter, warmed in the microwave
- 1/4 cup shredded sharp cheddar cheese
- 2 cups shredded lettuce
- 2 medium tomatoes, diced
- 1/4 cup green salsa (salsa verde)

In a small bowl, stir spices together. In a nonstick frying pan, add the ground turkey and onion. Cook over medium heat until the turkey is browned and onion is translucent. Drain well. Add the spices to the turkey mixture. Stir to mix evenly.

To serve, place a 1/4 cup of the turkey mixture in each tortilla.

Top each with 1 tablespoon cheese, 1/4 of the diced tomatoes, 1/2 cup shredded lettuce and 2 tablespoons salsa. Fold in both sides of each tortilla up over the filling, and then roll to close. Serve immediately.

Tip: Add black beans for more protein



BREAKFAST **Low Fat Yogurt Parfait** *Whole Wheat Toast Juice, Milk, Water*

- 1 cup sliced fresh strawberries or fruit of your choice
- 1/2 cup nonfat plain Greek yogurt
- 1/4 cup granola

To build parfait, layer yogurt and the strawberries with their juice in a 2-cup container. Top with granola.

SNACK

Afternoon snack suggestion:
Cheddar Cheese Cubes with sliced Apple

DESSERT

After dinner suggestion:
1 cup frozen yogurt with sliced almonds

LUNCH

Green Goddess Salad with Chicken

Whole Wheat Roll, Juice, Milk, Water

Dressing: (extra dressing can be used for 3 days. Pour over fish or poultry for dinner)

- 1 avocado, peeled and pitted
- 1-1/2 cups buttermilk
- 1/4 cup fresh chopped herbs (such as tarragon, sorrel, mint, parsley and/or cilantro)
- 2 tablespoons rice vinegar
- 1/2 teaspoon salt

Place avocado, buttermilk, herbs, vinegar and salt in a blender and puree until smooth.

Salad:

- 3 cups chopped romaine lettuce
- 1 cup sliced cucumber
- 3 ounces sliced (or diced) cooked boneless, skinless chicken breast
- 1/2 cup diced low-fat Swiss cheese (2 ounces)
- 6 cherry tomatoes, halved if desired

Toss lettuce and cucumber in a bowl with 1 tablespoon of the dressing. Top with chicken, cheese and tomatoes.



DINNER

Mustard-Honey Salmon for 2 with Roasted Green Beans

Whole Wheat Roll, Juice, Milk, Water

- 1-1/2 tablespoons whole-grain or Dijon mustard
- 1-1/2 teaspoons honey
- 1/8 teaspoon paprika
- 1/8 teaspoon pepper
- Pinch of salt
- 2 4-oz. skinless salmon fillets
- 2 cups raw green beans

Preheat oven to 450°F.

Line a small baking sheet or baking pan with foil & coat with cooking spray.

Combine mustard, honey, paprika, pepper & salt in a small bowl. Place salmon fillets on the prepared baking sheet. Spread the mustard mixture evenly on the salmon.

Place green beans around the salmon. Lightly spray them with cooking oil.

Roast all items until just cooked through, 8 to 12 minutes.

Tip: Put leftovers in a salad

Tip: Substitute canned green beans & microwave to heat them.

eating



EATING RIGHT WITH DEMENTIA

These healthy eating suggestions should be accompanied by frequent check-ups with a physician and proper administration of prescribed medications. Read food labels and read this guide in its entirety.

WHAT IS EATING RIGHT WITH DEMENTIA?

Alzheimer's Disease

Vascular Dementia

Lewy Bodies



Proper nutrition is vital. Weight loss is one of the primary symptoms of Dementia related disease because a person with it can literally forget to be hungry or forget to eat. Follow the tips in this guide and:

- Set regular meal times and stick to them
- Serve familiar foods
- Try offering one food at a time
- Avoid distractions during meals: turn off the television or radio and avoid talking too much
- Try cutting the food into small pieces or serve food that can be eaten with the fingers
- Limit coffee and tea



eating

EATING RIGHT WITH NEURO DISORDER

These healthy eating suggestions should be accompanied by frequent check-ups with a physician and proper administration of prescribed medications. Read food labels and read this guide in its entirety.

WHAT IS EATING RIGHT WITH A NEURO DISORDER?

Parkinson's Disease

Lewy Bodies

Stroke

There is not special diet for people with Parkinson's or Lewy Bodie's disease. But, eating a well-balanced, nutritious diet is extremely beneficial. With the proper diet, our bodies work more efficiently, we have more energy, which also helps medications to work properly. After a stroke, healthy food choices are the keys to recovery. They can also help control blood pressure, body weight, and reduce the risk of another stroke.

- **Grains:** Make sure at least half of the daily choices from this group come from whole grains
- **Vegetables:** Choose nutrient-rich dark green and orange vegetables and also eat dried beans and peas



- **Fruits:** Eat a variety of fresh, frozen or dried fruits each day
- **Dairy:** Choose low-fat or fat-free dairy foods, or a variety of non-dairy calcium-rich foods each day
- **Protein:** Choose low-fat or lean meats and poultry; try other protein sources like beans, peas, nuts, seeds and fish
- **Fats:** Limit fat sources from butter, stick margarine, shortening or lard. Instead, get fat from fish, nuts and vegetables
- Limit sodium

eating

EATING RIGHT WITH COPD

These healthy eating suggestions should be accompanied by frequent check-ups with a physician and proper administration of prescribed medications. Read food labels and read this guide in its entirety.

Eating a balanced diet and maintaining a healthy weight are important parts of managing chronic obstructive pulmonary disease (COPD).

- Monitor calories by eating fewer calories if overweight, but don't eat so few calories that it causes frequent fatigue and hunger
- Make sure there is enough good protein in the diet like milk, eggs, cheese, meat, fish, poultry, nuts, and beans
- Watch portions to help with shortness of breath - eat small meals throughout the day instead of two or three large meals
- Have a balanced plate of food and focus on consuming fruits, vegetables, dairy products, whole grains, and lean proteins
- Limit salt to avoid fluid retention, which can worsen shortness of breath



eating

EATING RIGHT WITH AN ORTHOPEDIC INJURY

Good nutrition is essential for tissue growth and repair, immune function, and overall wellness. Eating whole foods optimizes digestion, absorption, and assimilation of nutrients.



These necessary raw materials that support and build our bones and connective tissues are derived from the foods with which we fuel our bodies. Orthopedic injuries and poor healing are more likely to occur with suboptimal nutrition or inadequate digestion and absorption of foods. Two very important minerals and vitamins to include in your diet are Calcium and Vitamin D.

CALCIUM

Recommended Daily Allowance in Milligrams (mg)

Life Stage Group	Recommended Daily Calcium Intake
Women and men 19 to 50 years	1,000 mg
Women 51 to 70 years	1,200 mg
Men 51 to 70 years	1,000 mg
Women and men > 70 years	1,200 mg

Dietary Sources of Calcium

People can get the recommended daily amount of calcium by eating a healthy diet that includes a variety of calcium-rich foods. Milk, yogurt, cheese, and other dairy products are the biggest food sources of calcium. Other high-calcium foods include:

- Kale, broccoli, Chinese cabbage (bok choy) and other green leafy vegetables
- Sardines, salmon, and other soft-bone fish
- Tofu
- Breads, pastas and grains
- Calcium-fortified cereals, juices, and other beverages.



VITAMIN D

Vitamin D Recommended Dietary Allowance

The FNB recommends 400 International Units (IU) of Vitamin D for infants during the first year of life. The RDA for everyone from age 1 through 70 years is 600 IU. Recent research, however, supports that the body needs at least 1000 IU per day for good bone health, starting at age 5 years. Many other nutrients — most found naturally and at sufficient levels in a typical diet — contribute to bone health and growth. They include:

- **Phosphorus:** A major mineral in the body's bone crystal, phosphorus is found in dairy products and meat. Vitamin D improves phosphorus absorption in the intestine and kidney.
- **Magnesium:** Primarily found in bone crystals, magnesium improves bone strength. Older adults are more likely to be deficient in magnesium. Calcium supplements that contain magnesium can help.
- **Vitamin K:** Necessary for bone formation and mineralization, Vitamin K also is important for blood clotting, and may assist in channeling calcium directly to the bone rather than the blood vessels.
- **Vitamin C:** Collagen is the main protein in bone, and Vitamin C is necessary for collagen synthesis. Vitamin C is present in citrus fruits and tomatoes and in many vegetables.
- **Vitamin A:** Vitamin A is necessary for cells to differentiate normally and for normal skeletal growth, and also is extremely important for eye health. Vitamin A is available in liver, eggs, butter, green leafy vegetables and carrots. Too little vitamin A is a major cause of blindness worldwide. In contrast, too much vitamin A can cause bone loss and increase the risk of hip fracture. The animal source supplements (retinols) may cause toxicity but plant sources (B carotene) do not. Daily intake of retinols should be less than 10,000 IU.



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