

# NUTRITIONAL NEEDS BY AGE: a road map

## Infant

### IMPORTANT VITAMINS AND MINERALS:

#### VITAMIN D

#### CALCIUM

#### PHOSPHOROUS

- Support bone health and growth

#### PROTEIN

- Building blocks of muscle and tissue

#### IRON

- Important for brain development and red blood cell production
- **Breast milk** has lower iron content than baby formula so breastfed babies might require supplemental iron

### CAUTION

Picky eaters ahead

## Toddler

### SUPPORTING GOOD EATING HABITS EARLY ON

- Finger foods encourage fun food exploration
- Be a food role model
- Include kids in meal prep
- Avoid using food as a reward or punishment

## Kids and teens

### IMPORTANT VITAMINS AND MINERALS:

#### VITAMIN A

#### VITAMIN C

- Boost immunity and vision

#### VITAMIN D

#### CALCIUM

- Support bone growth and strength

#### IRON

- Helps to keep energy levels up

### PLAN TO SUPPORT BUSY SCHEDULES WITH HEARTY, HEALTHY SNACKS

- Apple slices with peanut butter
- Greek yogurt with granola
- Cheese with whole grain crackers
- Trail mix with nuts and dried fruit

### CAUTION

Busy schedule ahead

### CAUTION

Puberty ahead

## Adults

### IMPORTANT VITAMINS AND MINERALS:

#### VITAMIN D

#### CALCIUM

- Help to prevent bone density loss

#### OMEGA-3

#### FATTY ACIDS

- Support heart and brain health

#### IRON

- Especially important for women during child-bearing years, as it supports healthy energy levels and fetal brain development

### ADJUSTING TO METABOLISM CHANGES AS YOU AGE

- Refine portion sizes to your evolving metabolism
- Focus on eating more lean proteins and whole grains
- Limit added sugars and processed foods
- Incorporate healthy fats like avocados, nuts and olive oil.

Second highest nutrient and caloric needs after infancy

### CAUTION

Reduced appetite and mobility ahead

Prepare with practical solutions like buying pre-chopped vegetables or using a meal delivery service

## Seniors

### IMPORTANT VITAMINS AND MINERALS:

#### VITAMIN B12

#### VITAMIN D

- Support bone and neurological health

#### FIBER

- Supports better digestion and heart health

### PROTEINS AND CALCIUM-RICH FOODS FOR SENIORS:

- Canned salmon and tuna
- Fortified plant-based milks
- Greek yogurt and cheese
- Eggs