

# Nutrition & Fall Prevention

Eating healthy helps decrease your risk of falls by supporting healthy muscle and bone strength.

- **Eat the right amount of calories to maintain a healthy weight.**

Being overweight or underweight increases your fall risk. If you need to lose weight, combine eating less with a daily exercise program that helps to prevent muscle loss.

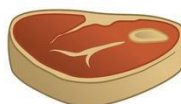
If you are underweight, eat small, frequent, calorie dense meals and snacks.



- **Eat the right amount of protein.**

Protein helps build and repair body tissue including muscle. Most men need **55-60 grams of protein each day** and most women need **45-50 grams of protein each day**. Eat protein with each meal or snack to help your body use it best.

Good sources of protein:



Food Item	Protein (grams)
Meat, fish, poultry, 3 ounces	21
Milk, 1 cup	8
Soymilk, 1 cup	11
Cottage cheese, 1/2 cup	14
Yogurt, 6 ounces	8
Greek Style yogurt, 6 ounces	14-18



Cheese, 1 ounce or 1 slice	7
Tofu, 3 ounces	6
Dry milk powder, 2 tablespoons	5
Egg, 1/4 cup	6
Peanut butter, 2 tablespoons	8
Dry beans or peas cooked, 1/2 cup	7
Soybeans, 1/2 cup	11
Peanuts, almonds, pistachio nuts, 1 ounce	6
Sunflower seeds (without hulls), 1 ounce	6
Pumpkin seeds, 1 ounce	9
Vegetable or soy patty, 1 patty	11

- **Consume the right amount of Vitamin D.**

Vitamin D keeps bones and muscles strong. The sun helps Vitamin D work best. Go outside in the sun for 10-15 minutes each day with shorts and a sleeveless shirt. Dark skinned individuals and older adults may need more time in the sun.

Older adults may need a Vitamin D supplement. Please check with your primary care provider.

Good Sources of Vitamin D:

- Cod liver oil
- Fatty fish (salmon, tuna, and mackerel)
- Dairy products
- Fortified orange juice
- Egg yolks
- Fortified margarine



- **Eat enough calcium**

Calcium keeps muscles and bones strong and works with Vitamin D. It is best to get calcium from food rather than supplements. Most men need **1,000-1,200 milligrams each day** and most women need **1,200 milligrams each day**.

Good Sources of calcium:

- Dairy products
- Green leafy vegetables
- Fish with soft bones that you can eat
- Grains, and fortified foods (such as cereals, juice, and soy products).



<b>Food Item</b>	<b>Calcium (mg)</b>
Fortified oatmeal, one packet	140
Cheddar cheese, 1 ounce	205
Milk, 1 cup	302
Yogurt, plain, 3/4 cup	310
Tofu, firm with calcium, 1/2 cup	205
Orange juice, fortified with calcium, 1 cup	300
Baked beans, 1/2 cup	160
Cottage cheese, 1/2 cup	105
Pudding, made with milk, 1/2 cup	160
Broccoli, raw, 1 cup	60
Collard greens, frozen, 1 cup	360
Soybeans, 1 cup	175