# **Nutrition & Fall Prevention**

Eating a balanced diet helps supports muscle and bone health which can decrease your fall risk.

### **Consume Adequate Calories**

- Being overweight or underweight can increase your fall risk.
- Consume adequate calories to maintain a healthy weight by eating a variety of foods each day, including fruits and vegetables.
- If you would like to lose weight, combine eating less with a daily exercise program to help prevent muscle loss.
- If you would like to gain weight, eat small, frequent, calorie dense meals and snacks to help increase calorie intake.
- Discuss your calorie needs with your dietitian.

# **Consume Adequate Protein**

- Protein helps build and repair body tissue including muscle.
- Eat protein with each meal or snack to help your body use it best.
- Discuss your protein needs with your dietitian.
- Sources of protein:
  - Cheese
  - Cottage cheese
  - Dry beans or peas
  - Dry milk powder
  - o Eggs
  - $\circ \quad \text{Greek yogurt} \\$
  - $\circ$  Meat, fish, poultry
  - o Milk
  - Nuts: Peanuts, almonds, pistachios
  - Peanut butter
  - Seeds: Pumpkin, sunflower
  - o Soybeans
  - o Soymilk
  - o Tofu
  - Veggie or soy patty
  - Yogurt



### **Consume Adequate Vitamin D**

- Vitamin D helps make bones and muscles strong.
- How much vitamin D do you need each day?
  - Most adults (19-70 years) need 15 micrograms (mcg) daily.
  - Most older adults (71 years and older) need 20 micrograms (mcg) daily.
- Sun exposure is another way to get vitamin D.
  - Aim for 10-15 minutes of sunlight, two to three times per week.
  - Individuals with darker skin and older adults may need more time in the sun.
- If considering a vitamin D supplement, please check with your primary care provider.

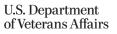
Food	Serving Size	Amount of Vitamin D (mcg)
Trout	3 ounces	16
Cod liver oil	1 teaspoon	11
Salmon	3 ounces	11
Other fatty fish (flounder, sardines, sole, tuna)	3 ounces	3-4
Orange juice (fortified)	1 cup	3
Milk (fortified)	1 cup	3
Soymilk (fortified)	1 cup	3
Yogurt (fortified)	6 ounces	2

#### Sources of Vitamin D

# **Consume Adequate Calcium**

- Calcium works with vitamin D to help keep muscles and bones strong.
- How much calcium do you need each day?
  - Most adult men (19-70 years) and women (19-50 years) need 1,000 milligrams (mg) daily.
  - Most older adult men (71 years and older) and women (51 and older) need 1,200 milligrams (mg) daily.
- It is best to get calcium from food rather than supplements. If considering a calcium supplement, please check with your primary care provider.





# Sources of Calcium

Food	Serving Size	Amount of Calcium (mg)
Yogurt, plain or added fruit	8 ounces	275-450
Soymilk (fortified)	1 cup	300-370
Fish, Sardines	3 ounces	325
Milk	1 cup	275-305
Cheese	1 ounce	110-220
Tofu (fortified)	<sup>1</sup> ⁄4 cup	215
Dry milk	<sup>1</sup> /4 cup	210
Orange juice (fortified)	1 cup	175-200
Fish, Salmon with soft	3 ounces	180
bones	3 ounces	
Green leafy vegetables (Bok choy, collard greens,	<sup>1</sup> ⁄2 cup cooked	50-135
kale, mustard greens, turnip greens, spinach)		
Fish, Perch	3 ounces	115
Veggie or soy patty	1 each	100
Dried beans and peas,	<sup>1</sup> /2 cup cooked	50-100
cooked	<sup>3/2</sup> Cup cooked	
Okra	<sup>1</sup> /2 cup	90
Oatmeal	<sup>1</sup> /2 cup	85
Cottage cheese	1⁄2 cup	80



U.S. Department of Veterans Affairs