



Why are vitamins and supplements important?

Martha worried a lot about her health. After watching TV and seeing many ads for different supplements, she felt like it was important to take vitamins. After talking with some friends, she was told that they are a waste which made her confused. She decided to talk with her provider and Registered Dietitian to create a plan to meet her needs. Now Martha feels like she is getting the right nutrients through foods, vitamins, and supplements. It is important to make sure you are getting all the vitamins you need to help your body work the way it should.

What can you look for?

- Lower energy
- Tingling in hands or feet
- Loss of balance
- Swollen tongue
- Bruises or wounds that take longer to heal
- Hard time remembering or concentrating
- Increased fractures

Choosing quality foods and staying physically active are important at any age. As we get older, your body's needs change so certain nutrients become very important for health.

Questions to ask yourself:

- Do you have bruising or wounds that seem to take longer to heal?
- Have you had changes in your energy level?
- Are coffee and tea your main beverages?





What can you do?

- Eat a balanced diet including:
 - Calcium-rich foods and beverages: fortified cereals, dark green leafy vegetables, canned fish, and fortified plant-based beverages
 - Vitamin D foods: fatty fish, eggs and fortified foods and beverages
 - If you take a calcium supplement or multivitamin, choose one that contains vitamin
 - Fiber-rich foods: whole-grain breads and cereals, beans and peas, fruits and vegetables

Where can you find support?

- [Health Education](#) and [Learning Circles](#) can support meal plan and recommend healthy changes to your diet.
- [Registered Dietitian](#) can make a nutritional plan just for you.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- Health Education
- Learning circles
- Primary Care
 - Registered Dietitian

Community Resources

- Food Bank of Alaska
(907) 272-3663
- Older Alaskans Program
| Meals on Wheels
(907) 349-0613

