

## AGING WELL

# Vitamins and Supplements

### 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 are some considerations for vitamins and supplements?

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

Choosing quality foods and staying physically active are important at any age. As we get older, our 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?
- Do you mainly drink coffee and/or tea?



For more information visit:

[www.southcentralfoundation.com/aging-well](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code



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.
- Fiber-rich foods: whole-grain breads and cereals, beans and peas, fruits and vegetables.
- If you take a calcium supplement or multivitamin, choose one containing vitamin D.

Where can you find support?

Contact your care team at St. Paul Community Health Center ..... (907) 546-8300

NB

☒ Registered Dietitians 

Registered dietitians can make a nutritional plan just for you.

☐ Health Education  ..... (907) 729-4955

Health Education provides learning circles that can support meal plan and recommend healthy changes to your diet.

Key


NB Non-Beneficiary

☒ Support available to Non-Beneficiary

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit