

Gold Star Foods for People Over 50



As we age, we become more vulnerable to medical conditions like hypertension, diabetes, heart disease, and issues with bone and muscle mass among other ailments. Below are food sources from 5 key nutrients that support healthy aging and are available at most food pantries.

**Please be advised: foods high in Vitamin C, like grapefruit, may negatively interact with some medications. Talk to your healthcare provider if you have concerns.*

B Vitamins

- Beans
- Cereal
- Dairy & Plant Milks
- Fish
- Leafy Greens
- Meat
- Nuts & Seeds
- Peanut Butter
- Poultry
- Whole Grains

Calcium

- Cereal
- Citrus Fruits*
- Dairy & Plant Milks
- Dried Fruits
- Fish
- Fortified Juice
- Leafy Greens

Vitamin D

- Dairy & Plant Milks
- Fish
- Fortified Juice
- Mushrooms



Potassium

- Bananas
- Citrus Fruits*
- Coconut Water
- Dairy & Plant Milks
- Dried Fruits
- Melons
- Mushrooms
- Potatoes
- Squash

Fiber

- Apples
- Avocado
- Beans
- Berries
- Leafy Greens
- Nuts & Seeds
- Potatoes
- Whole Grains

