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
- Leafy Greens
- Nuts & Seeds
- Potatoes
- Whole Grains

**Potassium**
- Bananas
- Citrus Fruits*
- Coconut Water
- Dried Fruits
- Mushroom
- Mushrooms
- Nuts & Seeds
- Potatoes
- Squash

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