



Importance of Vit A & C and Calcium

Vitamin A:

- Helps to maintain healthy teeth, tissue, and skin
- Promotes good vision
- Act as antioxidants, which protect from chronic diseases

Vitamin C:

- Important for the health of your skin, bones, and connective tissue
- Promotes healing
- Promotes the absorption of iron

Calcium

- Prevents osteoporosis
- Helps muscles and blood vessels to function properly
- Keeps the nervous system functioning properly



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Essential Nutrients for Senior Nutrition:

Vitamin A, Vitamin C,
and Calcium



Good Sources of Vit A & C, and Calcium

Vit. A: meat, eggs, milk, cheese, fish, carrots, pumpkin, cantaloupe, broccoli, and spinach. Also in fortified milk, juice, grains.

Vit. C: oranges, grapefruit, red and green bell peppers, tomatoes, broccoli, greens. Also in fortified juices and cereals.

Calcium: dairy (milk, cheese), leafy green vegetables such as spinach, arugula, kale, leeks, and romaine.



Ways to include these essential nutrients into your diet

Snack Ideas:

- Cheese and crackers
- Carrot sticks with peanut butter
- Sliced red pepper with cream cheese
- Cottage cheese with melon
- Broccoli with salad dressing

Meal Ideas:

- Compile a salad by adding leafy greens, tomato, peppers, with a boiled egg or sliced chicken.
- Make a sandwich or a wrap with lean meat, lettuce, cheese, tomato, roasted pepper