

# AVOID FRAILTY

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## EAT WELL

Food is medicine! As we age, we need more of certain nutrients like Protein, Calcium and Vitamin D to keep our bones and muscles strong well into old age.

Use this shopping list to help you choose foods high in nutrition and low in calories.

### MEATS/FISH

- Chicken**
- Turkey**
- Pork**
- Beef**
- Fish\*\***
- Seafood**
- \_\_\_\_\_
- \_\_\_\_\_

### DAIRY

- Milk\*\***
- Greek Yogurt\***
- Cheese\***
- Cottage Cheese**
- Cream Cheese
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### VEGETARIAN

- Tofu**
- Hummus**
- Peanut Butter**
- Soy Milk\* \*\***  
(calcium + Vit. D)
- Rice
- Eggs\*\***
- \_\_\_\_\_
- \_\_\_\_\_

### CANNED ITEMS

- (low sodium)
- Beans**
  - Chickpeas**
  - Tuna Fish**
  - Tomatoes*
  - Tomato Paste*
  - Tomato Sauce*
  - Vegetables*
  - Fruit*
  - \_\_\_\_\_

### BEVERAGES

- Tea
- Coffee
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### VEGETABLES

- Broccoli\**
- Spinach\**
- Cucumber*
- Onions*
- Carrots*
- Lettuce*
- Mushrooms*
- Peppers*
- Potatoes*
- Tomatoes*
- Zucchini*
- Garlic*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### BREADS/PASTA

- Whole Wheat Bread
- Bagels
- English Muffins
- Tortillas
- Pitas
- Spaghetti
- Pasta
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### SUPPLEMENTS

- Vitamin D\*\*
- Calcium w/Vit. D\*\*
- \_\_\_\_\_

### OILS & SAUCES

- Soy Sauce  
(low sodium)
- Oil
- Vinegar
- Salad Dressing
- Spaghetti Sauce*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### FRUITS

- Grapes*
- Oranges*
- Apples*
- Bananas*
- Melon*
- Berries*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### BAKING

- Whole Wheat Flour
- Sugar
- Vanilla
- Baking Soda
- Baking Powder
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### CONDIMENTS

- Honey
- Ketchup
- Mayonnaise
- Mustard
- Pickles
- Salsa
- Margarine\*\*
- \_\_\_\_\_

### FROZEN FOODS

- Vegetables*
- Frozen Yogurt
- Juice
- Fruit*
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### SNACKS

- Popcorn  
(low sodium)
- Unsalted Nuts**
- Raisins
- Pretzels
- Salsa
- Nacho Chips  
(low sodium)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### SPICES

- Pepper
- Salt
- Cinnamon
- \_\_\_\_\_
- \_\_\_\_\_

### PERSONAL CARE

- Toilet Paper
- Tissues
- Toothpaste
- Deodorant
- Shampoo
- Conditioner
- Shaving Cream
- Razors
- Dental Floss
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### PET NEEDS

- Dog Food
- Cat Food
- Cat Litter
- \_\_\_\_\_
- \_\_\_\_\_

### CEREAL

- Oatmeal**
- Cream of Wheat
- Cold Cereal\*\*
- Granola
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### HOUSEHOLD

- Garbage Bags
- Laundry Soap
- Softener
- Bleach
- Wipes
- Dish Soap
- Hand Soap
- Sponges
- Light Bulbs
- Batteries
- Cleaner
- Scrub Brushes
- Aluminum Foil
- Paper Towels
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### EXTRAS

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Foods in **Bold** letters are good sources of protein.  
Foods with \* are high in calcium.  
Foods with \*\* are high in vitamin D. Calcium and vitamin D are often fortified in key foods; check labels to see if the food offers 15% or more of daily requirements.  
Foods high in nutrients and low in calories are in *italics*.

Adults over the age of 70 should get 1200mg of Calcium and 800IU of vitamin D daily. Speak to your pharmacist with any questions or concerns.

Visit <http://www.olderadultnutritionscreening.com> for screening tools and other resources.