
Nutrition & Fall Prevention

Eating a balanced diet helps supports muscle and bone health which can decrease your fall risk.

Consume Adequate Calories

- Being overweight or underweight can increase your fall risk.
- Consume adequate calories to maintain a healthy weight by eating a variety of foods each day, including fruits and vegetables.
- If you would like to lose weight, combine eating less with a daily exercise program to help prevent muscle loss.
- If you would like to gain weight, eat small, frequent, calorie dense meals and snacks to help increase calorie intake.
- Discuss your calorie needs with your dietitian.

Consume Adequate Protein

- Protein helps build and repair body tissue including muscle.
- Eat protein with each meal or snack to help your body use it best.
- Discuss your protein needs with your dietitian.
- Sources of protein:
 - Cheese
 - Cottage cheese
 - Dry beans or peas
 - Dry milk powder
 - Eggs
 - Greek yogurt
 - Meat, fish, poultry
 - Milk
 - Nuts: Peanuts, almonds, pistachios
 - Peanut butter
 - Seeds: Pumpkin, sunflower
 - Soybeans
 - Soymilk
 - Tofu
 - Veggie or soy patty
 - Yogurt

Consume Adequate Vitamin D

- Vitamin D helps make bones and muscles strong.
- How much vitamin D do you need each day?
 - Most adults (19-70 years) need 15 micrograms (mcg) daily.
 - Most older adults (71 years and older) need 20 micrograms (mcg) daily.
- Sun exposure is another way to get vitamin D.
 - Aim for 10-15 minutes of sunlight, two to three times per week.
 - Individuals with darker skin and older adults may need more time in the sun.
- If considering a vitamin D supplement, please check with your primary care provider.

Sources of Vitamin D

Food	Serving Size	Amount of Vitamin D (mcg)
Trout	3 ounces	16
Cod liver oil	1 teaspoon	11
Salmon	3 ounces	11
Other fatty fish (flounder, sardines, sole, tuna)	3 ounces	3-4
Orange juice (fortified)	1 cup	3
Milk (fortified)	1 cup	3
Soymilk (fortified)	1 cup	3
Yogurt (fortified)	6 ounces	2

Consume Adequate Calcium

- Calcium works with vitamin D to help keep muscles and bones strong.
- How much calcium do you need each day?
 - Most adult men (19-70 years) and women (19-50 years) need 1,000 milligrams (mg) daily.
 - Most older adult men (71 years and older) and women (51 and older) need 1,200 milligrams (mg) daily.
- It is best to get calcium from food rather than supplements. If considering a calcium supplement, please check with your primary care provider.

Sources of Calcium

Food	Serving Size	Amount of Calcium (mg)
Yogurt, plain or added fruit	8 ounces	275-450
Soymilk (fortified)	1 cup	300-370
Fish, Sardines	3 ounces	325
Milk	1 cup	275-305
Cheese	1 ounce	110-220
Tofu (fortified)	1/4 cup	215
Dry milk	1/4 cup	210
Orange juice (fortified)	1 cup	175-200
Fish, Salmon with soft bones	3 ounces	180
Green leafy vegetables (Bok choy, collard greens, kale, mustard greens, turnip greens, spinach)	1/2 cup cooked	50-135
Fish, Perch	3 ounces	115
Veggie or soy patty	1 each	100
Dried beans and peas, cooked	1/2 cup cooked	50-100
Okra	1/2 cup	90
Oatmeal	1/2 cup	85
Cottage cheese	1/2 cup	80