

Vitamins

- **Selenium** Only One or Two Brazil Nuts a Day-Don't Overdo
- **Potassium**
 - Dried Apricots
 - Bananas
 - Spinach
 - Milk
 - Yogurt
- **Folate Vitamin B9** (No Supplements-Food Only)
 - Leafy Greens
 - Nuts
 - Beans
- **Magnesium**
 - Nuts
 - Seeds
 - Leafy Greens
- **Probiotics;**
 - Yogurt
 - Sauerkraut
- **Omega-3s**
 - Fatty Fish
 - Walnuts
 - Canola Oil
 - Flaxseed
- **Zinc**
 - Oysters
 - Beef
 - Crab
 - Fortified Breakfast Cereals
- **Fiber**
 - 6-8 Servings of Whole Grains
 - 8-10 Servings of Vegetables
- **Calcium**
 - Milk
 - Yogurt
 - Cheese

- **Vitamin B12**

- Meat
- Fish
- Eggs
- Dairy

- **Vitamin D**

- Salmon
- Mackerels
- Sardines

- **Vitamin B6**

- Chickpeas
- Liver
- Fatty Fish
- Fortified Breakfast Cereals

Protein

- All Fruits and Vegetables Contain Protein but the Amounts are usually small. However some contain more than others

- **Plant-Based Proteins**

- Broccoli
- Kale
- Spinach
- Mushrooms
- Asparagus
- Artichokes
- Potatoes
- Sweet Potatoes And
- Brussel Sprouts
- Nutritional Yeast
- Spelt And Teff
- Hempseed
- Green Peas
- Amaranth And Quinoa
- Couscous
- Ezekiel Bread and Other Breads made from Sprouted Grains
- Tofu
- Tempeh and Edamame
- Lentils
- Chickpeas
- Most Varieties of Beans Kidney Black Pinto Etc.
- Soy Milk
- Oats And Oatmeal

- Wild Rice
- Chia Seeds
- Chia Pudding
- Nuts
- Nut Butters
- Other Seeds
- **Lean Proteins**
 - Egg Whites
 - Chicken Breasts
 - Fishlean
 - Cuts of Steakred Meat
 - Skim or 1 % Milk
 - Turkey
 - Lean Cuts of Pork
 - Fat Free or 1 % Cottage Cheese
 - Veal
 - Protein Powder

Good Fats to Improve Blood Cholesterol Levels

- Olive Oil
- Salmon
- Avocado
- Nuts
- Seeds
- Fish Oil
- Natural Peanut Butter
- Flax Seed Oil

Complex Carbohydrates Weight Gaining Program

- Brown Rice
- Oatmeal
- Whole Grain Bread
- Whole Grain
- Pasta
- Fruits
- Vegetables
- Whole grain
- High Fiber Cereals
- Sweet Potatoes
- Beans
- Lentils

Avoid Bad Protein Sources

- Fatty Meats
- Fatty Dairy
- Most Deli Lunch Meat
- Large Amounts of Soy

Avoid Bad Foods

- Processed or Modified Food
- Fried Foods
- Low-Fat Products
- High Fructose Corn Syrup

Avoid Bad Fat Sources

- Margarine
- Vegetable Oil
- Corn Oil Heated
- Fried Oil
- Palm Oil

Avoid Bad Carbohydrate Sources

- Regular Bread
- Anything with Added Sugar
- Most Cereals excluding Oat Bran
- Soda
- Fruit Juice
- Pastries And Bagels
- Fruit Bars
- Candy

https://www.webmd.com/healthy-aging/ss/slideshow-aging-vitamins-older-people?ecd=wnl_spr_052620

<https://www.webmd.com/cholesterol-management/features/the-trouble-with-triglycerides>