

Quick Reference Nutrient Guide

Nutrient	Best Sources	Role in the Body	Daily Target
Protein	Chicken, eggs, beans, yogurt	Maintains muscle strength	60–75 g
Calcium	Milk, sardines, greens	Protects bone density	1,200 mg
Vitamin D	Sunlight, salmon, fortified milk	Boosts immunity and bone absorption	800 IU
Vitamin B12	Fish, dairy, fortified cereals	Supports nerve and brain health	2.4 mcg
Fiber	Whole grains, fruit, beans	Improves digestion and heart health	21–30 g
Iron	Lean meats, beans, spinach	Prevents fatigue and anemia	8 mg
Omega-3s	Salmon, walnuts, flaxseed	Heart and joint protection	1–2 servings fish/week

💡 **Key Takeaway:** Nutrient needs shift with age — aim for quality and consistency, not perfection.