

# NOURISH TO FLOURISH

## IN THE NEW YEAR

### NUTRIENTS WORTH ADDING



As you step into the new year, focus on nourishment that helps you stay strong, active, and energized. Small, consistent choices—like adding more fiber, potassium, vitamin D, and omega-3s—support lasting health and help you feel your best every day.

### Dietary Fiber

**Functions:** Supports heart and digestive health, including regularity

**Sources:** Whole grains, fruits, vegetables, beans, and popcorn

**How much do you need?**

21 g/day (women), 30 g/day (men)

### Potassium

**Functions:** Helps your kidneys, heart, muscles, and nerves work properly

**Sources:** Leafy greens, beans, potatoes, avocado, yogurt, and bananas

**How much do you need?** 2,600 mg/day (women), 3,400 mg/day (men)

### Omega-3s

**Functions:** Support heart, brain, and eye health

**Sources:** Fatty fish (like salmon and mackerel), flaxseed, chia seeds, and walnuts

**How much do you need?**

1–2 servings of fatty fish per week or include plant sources daily

### Vitamin D

**Functions:** Supports bone and immune health

**Sources:** Salmon, trout, fortified milk or yogurt, UV-exposed mushrooms, fortified juice, and sunlight

**How much do you need?**

800 IU/day (male and female 70+)

*Supplements may help if sunlight exposure is limited.*



### Everyday Habits that Help You Flourish

- Plan meals
- Build balanced meals
- Stay hydrated
- Eat the rainbow
- Don't skip meals
- Add foods, don't just subtract