

# Plant-Based & Thriving Over 40

Essential Nutrients for Aging Gracefully on a Plant-Based Diet  
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## Plant-Based & Over 40

### 10 Nutrients You Shouldn't Guess About

A Healthy Aging Guide for Intentional Plant-Based Adults

[Shop my Plant-Based Over 40 & Thriving Toolkit](#)

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## Welcome

Eating plant-based is one of the most powerful steps you can take for longevity.

Many adults inspired by Daily Dozen-style eating or practices like the Daniel Fast experience:

- Improved energy
- Better digestion
- Reduced inflammation
- Healthier weight management

But after 40, something important changes.

Absorption shifts.

Hormones fluctuate.

Stress impacts nutrient status more deeply.

You can eat well and still have hidden gaps.

This guide highlights 10 nutrients plant-based adults over 40 shouldn't leave to guesswork.

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# 1. Vitamin B12

## Why It Matters

Supports nerve health, cognitive clarity, and red blood cell production.

## Why Monitor After 40

Stomach acid naturally declines with age, reducing B12 absorption.

## Possible Signs of Low Levels

- Brain fog
- Tingling in hands or feet
- Fatigue
- Mood changes

B12 is not reliably available in unfortified plant foods. Testing removes uncertainty.

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# 2. Iron

## Why It Matters

Carries oxygen to tissues and supports energy and hair health.

## Plant-Based Consideration

Non-heme iron from plants is less absorbable than heme iron.

## Possible Signs

- Fatigue
- Hair thinning
- Cold sensitivity
- Shortness of breath

Women in their 40s are especially vulnerable.

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# 3. Omega-3s (EPA & DHA)

## Why They Matter

Support brain aging, inflammation balance, and cardiovascular health.

## Plant-Based Consideration

Flax and chia provide ALA, but conversion to EPA and DHA is limited.

## Possible Signs

- Dry skin
- Brain fog
- Joint stiffness
- Mood shifts

Conversion efficiency varies from person to person.

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# 4. Iodine

## Why It Matters

Essential for thyroid hormone production.

## Risk Factors

- Avoiding iodized salt
- No sea vegetables
- Long-term vegan eating

## Possible Signs

- Fatigue
- Cold intolerance
- Sluggish metabolism

Thyroid support becomes increasingly important after 40.

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# 5. Selenium

## Why It Matters

Supports thyroid conversion and antioxidant protection.

## Important Note

Food selenium levels depend on soil quality and vary geographically.

## Possible Signs

- Weakened immune resilience
- Thyroid imbalance

Intake is often inconsistent without awareness.

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# 6. Zinc

## Why It Matters

Supports immune function, wound healing, and hormone balance.

## Plant-Based Consideration

Phytates in legumes and grains may reduce absorption.

## Possible Signs

- Frequent illness
- Slow healing
- Hair thinning

Zinc insufficiency is common but rarely tested.

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# 7. Vitamin D

## Why It Matters

Supports bone density, immune health, and inflammation regulation.

## Common Challenges

Limited sun exposure  
Minimal dietary sources

## Possible Signs

- Muscle weakness
- Low mood
- Frequent illness

Vitamin D levels often decline after 40.

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# 8. Calcium

## Why It Matters

Bone preservation becomes critical with age.

## Plant-Based Consideration

Intake may be inconsistent without fortified foods or consistent leafy greens.

Low calcium intake over time increases bone density risk.

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# 9. Magnesium

## Why It Matters

Supports sleep, stress resilience, blood sugar regulation, and muscle recovery.

## Possible Signs of Low Levels

- Poor sleep
- Muscle cramps
- Anxiety
- Sugar cravings

Stress increases magnesium needs.

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# 10. Protein (Leucine Per Meal Matters)

## Why It Matters After 40

Muscle preservation protects metabolism, strength, and long-term independence.

Even when total protein looks adequate, leucine per meal may fall short.

## Signs of Insufficient Intake

- Loss of strength
- Slower recovery
- Metabolic slowdown

Muscle mass is one of the strongest predictors of healthy aging.

I aim for 20-30 grams of protein per meal, and 80-100 grams of protein total per day.

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# Symptom Cross-Reference

If you are experiencing, here's a possible micronutrient deficiency cause:

- Fatigue → Iron, B12, Magnesium
- Brain Fog → B12, Omega-3s, Iron
- Hair Thinning → Iron, Zinc
- Poor Sleep → Magnesium
- Cold Sensitivity → Iodine
- Frequent Illness → Zinc, Vitamin D

Symptoms overlap. Guessing can lead to unnecessary supplementation.

Testing provides clarity.

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# Are You at Higher Risk?

Check any that apply:

- Over 40
- Female or perimenopausal
- Rarely supplement B12
- Avoid iodized salt or iodine supplements
- Long-term vegan (5+ years)
- Digestive concerns
- High stress
- Limited sun exposure
- Participating in the Daniel Fast

If you checked three or more, it may be time to evaluate your micronutrient status.

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# Plant-Based Eating Is Powerful

## Precision Makes It Stronger

This is not about fear.

It is about refinement.

Eating well builds the foundation.

Personalized testing helps you optimize.

## LabCorp Micronutrient Testing

Micronutrient testing can help you:

- Identify hidden insufficiencies
- Supplement strategically
- Support brain clarity
- Preserve bone and muscle health
- Personalize your plant-based plan

Ready to see where you stand?

Here's my affiliate link to [order your Micronutrient Test from LabCorp](#).

[Shop my Plant-Based Over 40 & Thriving Toolkit](#)

Learn more about [Micronutrient Dieting on my website, daileyfoods.com](http://daileyfoods.com).

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