

Retirement Income Tax Map

How each source is taxed | Reviewed October 2026

Expected income by source

Source	How generally taxed	Per year
Traditional IRA / 401(k)	Ordinary income	\$
Roth IRA / Roth 401(k)	Qualified: tax-free	\$
Pension	Taxable unless after-tax basis	\$
Social Security	Up to 85% taxable	\$
Interest and dividends	Ordinary or qualified rates	\$
Long-term capital gains	0%, 15%, or 20%	\$
Rental income	Net of expenses	\$
Wages	Ordinary income plus payroll tax	\$

Social Security base amounts

Filing status	50% taxable above	85% taxable above
Single	\$25,000	\$34,000
Married filing jointly	\$32,000	\$44,000

Questions for my tax preparer

- ☐ Which dollars will be taxed in each of my first 5 years?
- ☐ How do my withdrawals affect Social Security tax and Medicare premiums?
- ☐ Does the 2025 to 2028 senior deduction (\$6,000 per person 65+) apply to me?

Sources: General education only. Figures from IRS, Social Security and Medicare sources, reviewed October 2026. Sources: IRS Publication 915, Publication 575, Publication 590-B, Rev. Proc. 2025-32, IRS Topic 409.