

Choosing Healthy Meals

1. Drink plenty of liquids: With age, you may lose some sense of thirst.
2. Make eating a social event: Meals are more enjoyable when you eat with others.
3. Plan healthy meals: Get advice on what and how much to eat.
4. Know how much to eat: Recognize how much to eat to determine portion size.
5. Vary your vegetables: Include a variety of colors, flavors, and textures.
6. Eat for your teeth and gums: Eating softer foods are helpful.
7. Use herbs and spices: Sometimes a loss of taste or smell requires more spices to enjoy meals.
8. Keep food safe.
9. Read the nutrition facts label.
10. Ask your doctor about vitamins or supplements.



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The Golden Years



Nutrition & The Aging Process

Tips for adults on living healthy lives at an older age.



What is Nutrition

Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need to function and develop properly. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Why is it important for healthy aging?

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers.

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But as you age, your body and life change, and so does what you need to stay healthy. For example, you may need fewer calories, but you still need to get enough nutrients. Some older adults need more protein.

What makes it difficult to eat healthy during the aging process?

- Home life changes
- Mobility and health challenges can make it difficult to prepare the foods.
- Medicine can change the way foods taste, and make you lose your appetite.
- Limited funds may not allow for the purchase of foods.
- A sensitivity to smell and taste.
- Problems chewing and/or swallowing (due sometimes to the deterioration conditions of the teeth during the aging process.)

Eating Healthier in the Aging Process

- Eat foods that provide plenty of nutrients.
- Avoid empty calories
- Limit foods that are high in cholesterol and fat.
- Drink plenty of water.
- Always eat breakfast.
- Simple exercise enhances strength, balance, and core stability.



*Reference: TheGreenFields.org
NIH Institution on Aging.gov
USDA.gov*