

Nutrition News: August Choosing Healthy Meals as you Get Older



Healthy Eating Tips as you age:

Your body continues to change through your 60s, 70s, 80s, and beyond. As your metabolism slows down, you need less calories. Your body also needs more of certain nutrients so it becomes more important to choose foods that give you the best nutritional value.

Plan Healthy Meals:

- Get advice on what to eat, how much to eat, and which foods to choose. Plan sensible, flexible ways to choose and prepare nutritious meals so you can eat foods you need.
 - Lean Protein
 - Colorful Fruits & Vegetables
 - Whole Grains
 - Low-fat Dairy

Vary Your Vegetables:

- Include a variety of different colored vegetables as color is derived from different nutrients. The more colors you have on your plate the more nutrients you are eating. Most vegetables are low-calorie and have a variety of nutrients and fiber.

Know How Much to Eat:

- To maintain your weight, eat the right amount of food for your age and body. Control your portion size by learning how much you should eat. Ask a dietitian for help with portions that are right for you.

Nutrition Facts Label:

- Learn how to read the nutrition label on foods. Pay attention to important nutrients including calories, fats, sodium, and vitamins/minerals.

Stay Hydrated:

- Water is an important nutrient. Drink small amounts of water consistently throughout the day. Stay away from drinks with sugar and salt added to them. Low-fat or fat-free milk or 100% fruit juice can also help you stay hydrated.

Herbs & Spices:

- If your favorite foods taste different, it may not be the foods. Your sense of taste and smell may have changed. Some medicines may also change how foods taste. Try adding more herbs and spices to your meals to enhance flavors.

Make Eating a Social Event:

- Meals and variety of foods are more enjoyable when you eat with others. Go to your local senior center to eat a healthy meal with others. Ask your friends or neighbors over for a potluck; everyone brings a dish to share.