

HEALTHY EATING FOR HEALTHY AGING

ALWAYS CONSULT A DOCTOR BEFORE MAKING ANY CHANGES TO YOUR DIET

- Everyone has different nutritional needs depending on our health status and activity levels
- As we age our body composition changes and we can lose muscle mass and gain fat this can cause energy needs to drop as MOST people become less active as they age.

REASONS WHY PEOPLE MAY NOT EAT:

- Teeth and or gum pain
- Food may taste different
- Medications can affect diet and desire to eat
- Solitude may make individuals less apt to eat or cook alone
- Lack of reliable transportation for access to groceries
- Decreased mobility post-surgery and procedures during recovery.

Why eat well?

- To ensure you are getting the nutrients you need: potassium, calcium, Vitamin D, Vitamin B 12, and Fiber
- Maintain weight or lose weight
- Decrease risk of developing chronic diseases
- If you already have a chronic disease eating well can help you manage the disease
- Meeting individual calorie and nutritional needs helps us maintain our energy levels

Tips for eating healthier

- Add herbs and spices instead of salt to enhance flavor to decrease your sodium intake
- Decrease the amount of convenience foods or processed foods you are eating
- Add sliced fruits and vegetables to meals and snacks to increase your fresh produce intake or add a salad to lunch or dinners.
- Buy pre-sliced or chopped vegetables and fruits can help those with difficulty cutting and chopping if you have difficulty with these skills ask your doctor for a referral for occupational therapy.
- Talk to your doctor about your medications some medications affect your appetite or change your desire to eat if this is happening to you your doctor may be able to change the medication to help you regain your appetite again.
- Drink low-fat and fat-free milks, butters, yogurts and hard cheeses.
- If you are choosing a dairy free “milk” make sure you choose an unsweetened version
- Choose plain water instead of sugary drinks.
- Make eating a social time arrange time with family, community, or friends for meals
- Set goals to make gradual changes such as incorporating more water, incorporating more vegetables decreasing sugar and sodium

IDEAS FOR HEALTHY EATING AND AGING

- Become a label reader and beware of hidden sugars and sodium.
- Become portion size aware
- Use smaller plates
- Find a grocery store that offers delivery or try Amazon Pantry.
- Meal Delivery Kits
- Get together with friends or a church or social group and organize a meal swap so that everyone makes enough so that everyone gets a meal size portion to take home that they can use for the week .
- Get together with friends or church or social groups and organize a freezer meal prep or crock pot meal prep so you can socialize and share the work.
- Have your social group or church start a night one night a week or a month where a family or families in the church prepare a meal and seniors can come and enjoy a meal they didn't have to prepare, and they can socialize and not eat alone.
- Start a supper club or progressive dinner club with your friends or family once a month or once a week.
- If you're in a rut, be adventurous try a new food. Our society has made access to a lot of more exotic foods more accessible in todays day and age you never know when you'll find a new food you love or a new food type you like.
- Make substitutions instead of putting sugar in your homemade spaghetti sauce simmer it with a carrot.
- Try whole wheat pasta and breads instead of white.
- Try brown rice instead of white rice.
- Try unsweetened or stevia sweetened tea instead of soda.
- Consult a registered dietician many health insurances cover consultation with a dietician.
- If you are a diabetic do your research and consult with your doctor before making dietary changes, and always monitor your blood sugar closely when making diet changes.
- Make smart snack choices instead of convenient sweet and salty snack choices.