

Healthy Eating Tips for Seniors

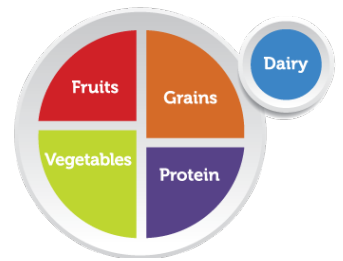
1

Stay hydrated. With age, you may lose some of your sense of thirst. Drink water or other decaffeinated fluids like crystal lite or seltzer often. Limit beverages that have a lot of added sugar. The recommended daily intake for adults older than 65 is 6-8 cups of decaffeinated fluid per day.



2

Plan healthy meals. Follow the rules of MyPlate: Try to make half your plate fruits and vegetables. Aim to make 1/4 of your plate lean protein (chicken, fish, lean beef, beans, tofu). Make at least half of your grains whole grains.



3

Reduce intake of sodium and eat a variety of healthy fats. Most of the fats you eat should be unsaturated fats, which are found in nuts, seeds, avocados, olive oil and fish. Use a variety of herbs and spices to enhance the flavor of food and reduce the need to add salt.



4

Include foods with Vitamin B12, Calcium and Vitamin D. As we age our body needs more of these nutrients. Foods high in B12 include fortified cereal, milk and fish. Foods high in calcium and vitamin D are milk, cheese, yogurt, or fortified cereal. Ask your doctor if you should start taking a vitamin B12, calcium or vitamin D supplement.



5

Be active your way. Adults at any age need at least 2 ½ hours of moderate-intensity physical activity per week. If you are not active, start by walking or riding a stationary bike for 10 minutes at a time. Check with your doctor before starting a new exercise program or vigorous physical activity.

