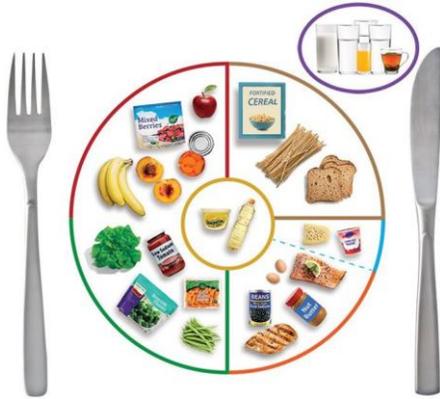


January

Healthy Eating As We Age



“You are what you eat” is a phrase that has stood the test of time – because it’s true! As we get older, how we choose to fuel our bodies becomes more and more important. MyPlate is a great tool to use to ensure you are eating balanced, healthy meals. For more information go to www.ChooseMyplate.gov/olderadults

Nutrients such as potassium, calcium, Vitamin D, Vitamin B12 and dietary fiber are especially important. Fruits and vegetables provide potassium, calcium and fiber. Many milk products are fortified with Vitamin D and B12. You may want to discuss supplementation of these vitamins with your physician.

Quick Tips



Fruits and Vegetables

Taste the rainbow! Include a variety of brightly colored fruits and vegetables in your diet. Fruits and vegetables are packed with important vitamins, minerals, nutrients and fiber that your body needs. A diet rich in fruits and vegetables may help reduce high blood pressure, high cholesterol, control diabetes, and help with weight control. Berries like blueberries have been found to be beneficial to help reduce risk of developing dementia.

Fruit Salad with Honey - Lime Dressing

Mix:

- 1 Tablespoon lime juice
- 1 Tablespoon honey
- 1/2 teaspoon vanilla extract

Add this mixture to 4 cups fruit of choice (berries, pineapple, grapes, banana, etc.). Chill until ready to eat.



Water:

Dehydration is the most common fluid and electrolyte problem in older adults. This is often due to medications, decreased kidney function, and less thirst. Keep a bottle of refreshing, cold water with you at all times. Avoid drinks that are high in sugar and sodium. Try to have at least eight cups of water per day.



Salt:

Eating less salt can help control high blood pressure, reduce your risk of heart disease, stroke, and kidney damage. Most of the salt we eat comes from processed foods. Check Nutrition Facts labels on food packaging and pick low-sodium options when available. Flavor your food with spices, herbs and lemon juice.



Be Active



Being active can help control

- ◆ Weight
- ◆ Blood pressure
- ◆ Diabetes

And Reduce risk of

- ◆ Stroke
- ◆ Heart attack
- ◆ Dementia
- ◆ Depression
- ◆ Anxiety

Exercise improves muscle strength, bone density and balance, which can reduce your risk of falling.

Try 10 minutes of exercise at a time, with a goal of at least 30 minutes, three times per week.



Check out local libraries for classes like chair yoga, and check local gyms to see what programs they offer for older adults. Always consult your physician before starting an exercise program.

