



This month we would like to celebrate National Nutrition Month by eating healthy and emphasizing the impact it plays on our health. This year the academy of nutrition and dietetics would like everyone to focus on making informed food choices and promoting healthy eating and physical activity habits. This years theme focuses on the National Nutrition Month® 2020 Eat Right Bite by Bite slogan. But, how do we eat right bite by bite? Continue reading to see what we can do to improve our over health and wellness.

For Older Adults Eating healthy at any age is important, but as we age, our bodies begin to change and have different nutritional needs. The following list is certain nutrients that become more important as we age. As we become aware of these important nutrients, make sure to implement eating more of them through out the day and making healthy diet and lifestyle changes.

### **Calcium and Vitamin D**

As we age, we begin to lose stored calcium in our bones, to help maintain good bone health and structure, it is essential to eat three servings of calcium-rich foods each day.

Calcium-Rich Foods: fortified cereals and fruit juices, dark green leafy vegetables, canned fish with soft bones, milk and fortified plant beverages

### **Vitamin B12**

It is essential for maintaining healthy blood cells and nerve signals. Many adults past their 50's do not get enough vitamin B12, causing a vitamin B12 deficiency.

Vitamin B12 Rich Foods: fortified cereal, lean meat, fish, poultry, eggs, and other dairy products

### **Fiber**

Fiber is very beneficial in any one's diet, but for older adults adding fiber into one's diet can improve the overall quality of life. Fiber is known to help with boating, regular bowel movements and is also known to help regulate blood sugar and lower your risk of heart disease.

Fiber-Rich Foods: Whole-grain breads, cereals, beans, peas, along with fruits and vegetables, which also provide fiber.

### **Potassium**

Potassium is important for muscle contraction, regulating fluid balance, and nerve signals. Increasing your potassium intake and reducing your sodium intake can help lower your risk of high blood pressure.

Potassium-rich foods: Bananas, Oranges, Tomatoes, Cantaloupe, apricots

## **17 Ways to eat healthier this month**

1. Eat the rainbow: by eating a variety of fruits and vegetables of different colors
2. Eat less processed foods
3. Make half of your plate fruits and vegetables
4. Eat lean meats
5. Eat whole grains
6. Limit your alcohol
7. Meal Prep
8. Reduce Sugar intake
9. Reduce sodium intake
10. Switch to no sugar added beverages
11. Eat correct portion sizes
12. Choose antioxidant rich foods
13. Try following the Mediterranean diet
14. Read Food Labels
15. Create a healthy foods grocery list and have it on hand
16. Choose healthy snacks such as fruits, vegetables or other nutrient dense foods
17. Try drinking coffee with no added sugar

