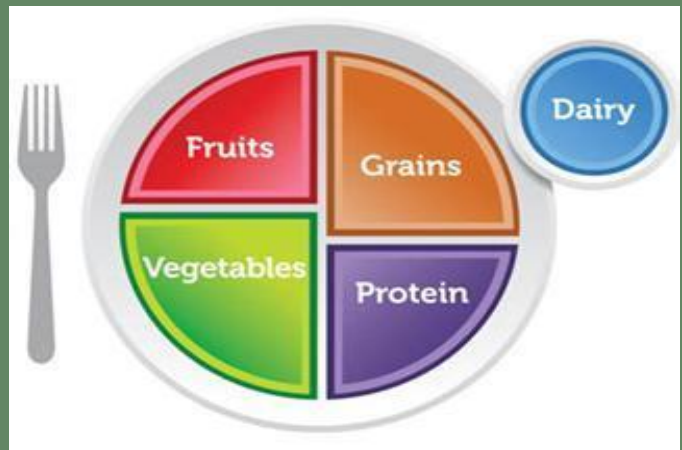


Healthy Eating



Did You Know?

- Calcium and Vitamin D is lacking in older adults, which is needed to maintain bone health.
- Vitamin B12 is missing from the diet and lean meat and seafood are good sources of this vitamin.
- More fiber is needed, as it can lower one's risk of getting heart disease or Type 2 diabetes.
- Reduce the salt in your diet and increase the amount of potassium you are getting.
- Eat foods that are low in saturated and trans fat to reduce your risk of getting heart disease.
- Older adults have a higher risk of becoming undernourished.
- Eating well can help manage one's disease and increase one's energy level.

As you age it's more important than ever to be choosing the right foods. Your body needs more nutrients than it needed before and your metabolism begins to slow down. Just by getting the right nutrients you will be healthier and have a better control of the chronic conditions you have. Nutrition plays a huge role in your health and plus if you take care of yourself you will be spending less time at the doctor's office. The first thing you should be doing is understanding what should go on your plate. A healthy plate (as pictured above) includes 5 food groups. This is what you should be striving for every day. Also, it's important to be eating a variety of foods. Don't forget to eat the rainbow and make your plate as colorful as possible. Be eating lean protein, colorful fruits and vegetables, whole grains, and low-fat dairy. Make sure to always read the labels of what you are buying. Most of the time we eat packaged foods because they are convenient but it's best to be eating whole foods. We want to stay away from the added sugars and sodium. Stay on top of recommended servings and eat what is right for your body and age. Always stay hydrated throughout the day and choose foods that will give you the best nutritional value.

Source: <https://www.nia.nih.gov>

<https://www.ncoa.org>

<https://www.choosemyplate.gov>

DO YOU KNOW YOUR FOOD GROUPS?

GRAINS: This includes foods that are made from wheat, rye, rice, oats, cornmeal, or barely. It's best to consume whole grains as this can add fiber to your diet. Some examples include, wheat bread, muffins, rice pasta, and corn or flour tortilla.

VEGETABLES: These come in an array of colors and flavors. You can have your dark green, red or orange, or starchy vegetables. This includes, broccoli, red peppers, green beans, sweet potato, corn, kale, or cauliflower.

FRUITS: These are rich in vitamins and minerals and will keep you healthy and full of energy. If you need more fiber in your diet eat fruits with their peels. Examples are, peaches, cantaloupe, grapefruit, grapes, apricots, cherries, pineapples, and different kinds of berries. These are perfect for a mid-day snack.

PROTEIN: Choose protein that is low in fat or lean. Seafood is a good option to balance out the amount of meat you are consuming. Other things include, tree nuts, eggs, hummus, or beans.

DAIRY: When having dairy make sure to have low-fat or fat-free items. This will reduce the amount of sodium and fat you are getting while increasing your amount of vitamins and minerals. Yogurt, soy milk, or cheese are options. Keep in mind you should be looking at the label and making sure it says low fat or fat free.

OILS: Instead of using butter when cooking your foods try to use oils which can be high in Vitamin E. Use olive oil or canola oil when cooking as they do not have the saturated fats and trans-fatty acids that margarines have.



Promoting Good Health and Quality of Life



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