Healthy Eating for Healthy Aging

❖ Enjoy a variety of foods that are nutrient dense from each food group.

❖ A variety of proteins are needed to maintain muscle mass. Use fish, lean meat, poultry, or eggs, as well as plant-based proteins like nuts, beans, quinoa, or soy products.

❖ Make sure there is a lot of color on your plate like blueberries, raspberries, melons, kiwi, and pineapple.

❖ Include dark leafy greens, broccoli, asparagus, colorful red, orange, yellow peppers, or rainbow carrots and beets.

❖ Prepare fruits and vegetables in a variety of ways: raw, roasted, steamed, baked, grilled, sauteed or stir fried.

❖ Use plant oils such as grapeseed or olive oil.

❖ Replace refined grains with whole grain breads, cereals, oats, brown rice, and quinoa.

❖ As you age foods may lose flavor. Instead of salt use spices and herbs to enhance flavors.

❖ Stay hydrated but avoid beverages with added sugar. If it is hard to drink enough water, try infusing it with fruit or vegetables for flavor or sparkling water with fresh lemon.

❖ Low fat or fat free dairy is needed for bone support such as milk, yogurt, or cottage cheese.

❖ Meals are more enjoyable with others. Make it a social event, invite friends for potluck or cook together. Join others at community centers, senior centers or join other social organizations.