

Healthy Eating Strategies for Older Adults

- *Eat nutritious foods and avoid empty calories, including sugary and salty snacks.
- *Eat a variety of fresh, whole foods with emphasis on fresh or lightly cooked vegetables and lean protein.
 - *Eat small, regular meals and healthy snacks.
 - *Include 25-30 grams of fiber each day.
 - *Choose low-fat dairy products and leaner meats.
 - *Avoid overeating, which taxes the digestive system.
- *Get some Omega-3's every day with fish oil or freshly ground flax seed.
- *Eat organic foods when possible, especially when choosing meat, dairy products and eggs.
 - *Stay active to help keep your digestive tract running smoothly.
 - *Maintain weight at an appropriate level.
- *Get some sunshine each day, whenever possible, to keep Vitamin D levels up.
- *Enjoy your food and your life, and don't forget to nurture your mind and spirit.