

5 NUTRITION TIPS for older adults

01. Enjoy a variety of foods

Whole grains, nuts, fresh fruits and vegetables, lean meats, and fish are great options for these.

Make sure to eat all three macronutrients and get enough micronutrients in. This is best done by eating the rainbow - a variety of fruits and vegetables!

02. Avoid added sugar & sodium

03. Protein

Eat enough protein each to maintain muscle mass.

Make sure to drink enough water throughout the day! You can also help with hydration by drink low- or fat-free milk, or 100% juice.

04. Water.

05. Active.

Keep living an active lifestyle, but also make sure you eat the correct portion sizes to maintain a healthy weight.

5 BENEFITS OF good nutrition

Stronger bones and reduces risk of osteoporosis

01. Stronger Bones.

02. Heart Health.

Better heart health and lower risk of cardiovascular disease.

Prevent type 2 diabetes

03. Diabetes.

04. Cancer.

Lower cancer risk.

Improved brain function

05. Brain.



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