

Eating Well as an Older Adult: Nutrition Tips for Seniors

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Good nutrition is important for all stages of life, but especially as we get older to support healthy aging. Healthy nutrition provides energy to stay active, essential nutrients to support body functions, and will help fight against common illnesses and diseases (high blood pressure and type II diabetes). One of the benefits of living in an Edencrest community is that all meals for residents are curated by a registered dietitian plus prepared and served restaurant style by trained staff. This ensures that residents are getting the correct portion sizes and a healthy balance of all the nutrients they need to thrive. Utilize the resources below to learn more about nutrition for older adults.

Nutrition Tips:

- Enjoy a variety of foods from each food group. Make sure to eat all three macronutrients (protein, carbohydrates, and fat), while also getting enough micronutrients in. This is best done by eating the rainbow – a variety of fruits and vegetables!
- Choose foods with little to no added sugar, saturated fats, and sodium. Whole grains, nuts, fresh fruits and vegetables, lean meats, and fish are great options for these.
- 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.
- Keep living an active lifestyle, but also make sure you eat the correct portion sizes to maintain a healthy weight.

Benefits of Good Nutrition:

- Stronger bones & reduces risk of osteoporosis
- Better heart health & lower risk of cardiovascular disease
- Prevent type 2 diabetes
- Lower cancer risk
- Improved brain function



Many people find it helpful to plan their meals ahead of time and even prep them each week. This can help you feel more in control of your nutrition and make sure you are getting all the nutrients you need every week. Here at Edencrest, these are all taken care of for residents by our culinary staff and dietitian. Residents get menus ahead of time and enjoy restaurant style for every meal.

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.

