

# Celebrating Older Americans Month

## 10 Healthy Eating Tips for those 65+

No matter how old you are, making healthy food choices is a smart move. With age it becomes essential to ensure the food we eat provides the nutrients we need. Here are some tips for making better food choices no matter your stage of life:

**1. Drink Plenty of Liquids** – Our sense of thirst declines with age. Drinking water, low fat milk, tea, coffee, or low fat soup can help you stay hydrated. Limit those beverages with added sugars or salt.



**2. Make Eating a Social Event** Meals are more enjoyable with others. Once or twice a week, invite a friend to join you, or have a potluck with a group. Consider a center or place of worship that offers shared meals.

**3. Plan Healthy Meals** Nutritional information can be found at websites such as ChooseMyPlate.gov or the National Institute on Aging. Get advice from a nutritionist on what to eat, how much to eat, and which foods to choose. Check your grocery store for nutritional ideas for easily prepared meals.

**4. Know How Much to Eat** Understand portion control. Use MyPlate's *Super Tracker* to know amounts of food you need. Restaurant portions are often enough for two or more meals, so plan to pack part of the meal for later.



**5. Vary Your Vegetables** Many veggies are bright in color, offer fiber and are low in calories.

**6. Eat for Your Teeth and Gums.** Often teeth and gums change with age. Dental problems may make it hard to chew. Eating softer foods can help – try cooked or canned foods such as unsweetened fruit, low sodium soups or canned tuna.

**7. Uses Herbs and Spices.** Foods may seem to lose flavor as we age. Our sense of smell or taste may have changed. Medicines can also affect how foods taste. Add flavor with herbs and spices.

**8. Keep Food Safe** Do not take a chance- a food related illness can be life threatening. Throw out any food that has been around too long. Avoid risky foods such as unpasteurized dairy, raw or undercooked eggs, sprouts, fish, shellfish, meat and poultry.

**9. Read the Label** – Make an informed choice by paying attention to the nutrients as well as the calories, fats and sodium content. Ask your doctor if there are ingredients or nutrients you should limit or increase.

Canned Beans	
Nutrition Facts	
Serving Size: 1/2 cup (125g)	
Servings Per Container: 3	
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	15g
Dietary Fiber	0g
Protein	0g
Vitamin A	0%
Calcium	2%
Vitamin C	0%
Iron	0%

**10. Vitamins and Supplements** Food is the best way to obtain the nutrients your body needs. Know the benefits and dangers of dietary supplements. Some can interfere with your medicines or medical conditions. Ask your physician about taking supplements such as herbs and minerals.

<https://www.nia.nih.gov/health/publication/choosing-healthy-meals-you-get-older>



"I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well." 3 John 1:2