

NUTRITION TO GO

HEALTHY EATING AS YOU AGE

Healthy eating as you age helps you live a long and active life. Healthy eating can even help you spend less time and money at the doctor's office. As your body changes, sometimes you need different foods. This may be because your teeth are not as strong, so you need softer foods, or it could be because your body needs more of a vitamin or mineral.

ARE YOU HAVING A HARD TIME...

... DRINKING MILK?

Milk products may upset your stomach because as you age your body makes less of an enzyme called lactase.

- Try drinking no more than one cup of milk at a time, and have it with other food.
- Eat and cook with low-fat yogurt instead of milk.
- Try Lactose-free milk products or alternative milk products like soy milk, almond milk, or oat milk.

... STAYING HYDRATED?

As you get older you may not feel thirsty, but it is important to keep drinking water.

- Limit the amount of alcohol you drink each day, it can make your body lose water.
- Keep a pitcher of water in your refrigerator.
- Do not wait until you get thirsty to drink water. Instead, drink small amounts all day long.



... CHEWING FOODS?

Changes in teeth and gums can make it hard to eat crunchy or sticky foods.

- Cook your vegetables or buy more canned fruits or vegetables, which are often softer than raw produce.
- Choose soft foods and tender proteins (beans, eggs, and soft cuts of meat).
- Drink water or low-fat milk with your meals.



MORE TIPS FOR GETTING THE NUTRITION YOU NEED

Fiber

Try to eat foods high in fiber like fruits and vegetables to help keep you regular. Try the tasty Apple Coleslaw recipe below!



Vitamin D and B12

As you get older, your body may need more of some vitamins than before. Choose foods that are good sources of vitamins D and B12. Some options with vitamin D are salmon, tuna fish, and fortified foods (like dairy and cereals). Foods with vitamin B12 are eggs and other animal products. Read the Nutrition Facts label to see if the food that you are eating is a good source of vitamin D or B12. Ask your doctor if you should take a supplement.

APPLE COLESLAW

Prep time: 15 minutes

Servings per recipe: 12

Serving size: 1/2 cup

Fiber per serving: 2 grams

Ingredients

- 1 small head green or red cabbage
- 2 medium red apples
- 1 large carrot
- 2 medium scallions
- 1/3 cup light mayonnaise
- 1/3 cup unpacked brown sugar
- 2 tablespoons lemon juice

Directions

1. Wash all vegetables and fruit. Finely chop or shred cabbage.
2. Core apples and chop into bite-size pieces. Grate carrot. Finely chop scallions.
3. In a large bowl, combine cabbage, apples, carrot, and scallions.
4. In a small bowl, beat together the mayonnaise, brown sugar, and lemon juice.
5. Pour dressing over salad and mix well.



*Check out our healthy recipes at:
<https://web.uri.edu/snaped/recipes>