

# NUTRITION TO GO

## Healthy Eating As You Age

### 10 tips for choosing healthy options:

**(1) Drink a lot of liquids:**

As you age, you sometimes do not know when you are thirsty. Drinking water often can keep you hydrated. You can also try drinking low-fat or fat-free milk or 100% juice. It is also better to limit drinks that are high in added sugar like fruit drinks that are not 100% fruit juice.



**(2) Make eating a social event:** Meals are more enjoyable when you eat with others! Invite a friend to join you or take part in a potluck at least twice a week. A senior center or place of worship may offer meals that are shared with others. There are many ways to make mealtime fun and enjoyable.



**(3) Plan healthy meals:** Try including a fruit and/or vegetable in every meal and snack. For example, you could add carrots to a lentil soup or have an apple with peanut butter as one of your snacks.



**(4) Know how much to eat:** Learn how to portion out foods. Portions can be larger when you eat out. One restaurant dish might be enough for two meals or more.



**(5) Vary your vegetables:** Include a variety of different colored vegetables to brighten your plate. Most vegetables do not have many calories and have important vitamins and minerals. Vegetables also have a lot of fiber to help you digest your food.



Check out the other 5 tips on the back!

**(6) Eat for your teeth and gums:**

As you age, sometimes it can be more difficult to chew certain foods like raw vegetables, raw fruits or meats. Cooked or canned low-sodium vegetables and unsweetened fruits are some soft foods to try.



**(9) Read the Nutrition Facts label:**

Pay attention to what is on the Nutrition Facts label for the amount of calories, fat, sodium and other nutrients that are in food. Ask your doctor if there are nutrients you might need to have less or more of.

**Nutrition Facts**

9 servings per container	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>140</b>
<b>% Daily Value*</b>	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 480mg	21%
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 7g	25%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 6g	
Vitamin D 0mcg	0%
Calcium 70mg	6%
Iron 2mg	10%
Potassium 313mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**(7) Use herbs and spices:**

Foods may seem to lose their flavor as you age. Adding more herbs and spices may help make your favorite meals taste better. Try spices like dill, rosemary, thyme, cilantro, sage, curry powder, basil, and oregano.



**(10) Ask your doctor about vitamins or supplements:**

Food is always the best way to get nutrients that you need. But, if you are still not getting enough of some vitamins or minerals, talk to your doctor about a dietary supplement.



**(8) Keep food safe:** Do not take a chance with your health. A food-related illness can be dangerous as you age. Try to avoid foods that have not been refrigerated or cooked right. Some foods that can be harmful to you when they are raw or undercooked include eggs, sprouts, fish, shellfish, meat, or poultry.



**Check out our website for healthy, low-cost recipes:**  
[web.uri.edu/SnapEd](http://web.uri.edu/SnapEd)

