



# Healthy Eating For A Healthy You

*Tips for eating well, staying fit and feeling great!*

## Essentials For A Healthy Diet



### GRAINS

Choose whole grains as much as you can, such as whole wheat flour, brown rice, multi-grain breads.



### VEGETABLES

Try to select vegetables that are dark green and orange, like carrots, sweet potatoes and spinach.



### FRUITS

Eat fresh, frozen or canned fruit as a snack or as a side of your main dish. Try to eat different colors daily.



### MILK

You need 3 servings a day of milk, yogurt or cheese. When you can, pick low-fat or fat-free.



### MEAT & BEANS

Choose lean meat options such as turkey or chicken. Beans and fish are also good choices.



### PHYSICAL ACTIVITY

Try to stay active when you can by walking, shopping, gardening, or even volunteering in your town.

## Osteoporosis and Your Bones

### What is osteoporosis?

A condition that causes weakness of the bones in your body. This can put you at a higher risk for broken bones.

### How can you control or prevent osteoporosis?

- Calcium and dairy products help you build stronger bones. Try to get 2-4 servings of these each day.
- Exercise that puts weight on your bones helps make them stronger. Try walking or lifting light weights.
- Post-menopausal women may need extra calcium. Ask your doctor for more details.

*Water is the most important nutrient in your diet.*

*Try to drink 5-8 glasses of water every day.*



## Problems Eating Well?

As you age you may find it is harder to eat healthy. Here are some ideas to help:

### Trouble chewing?

- Try eating canned or cooked fruits and vegetables such as applesauce or mashed potatoes.

### No appetite?

- Add spices and herbs to make your food taste better.
- Join group meal programs for company while you eat.
- Ask your doctor if one of your pills is changing your appetite.

### Unable to shop?

- Check with your church or a local volunteer center to sign up for help.
- See if local food stores deliver to your home.

## Healthy Eating Tips

Instead of eating 3 big meals, eat smaller meals and snacks more often. You will feel less full so you can eat enough during the day to get all of your nutrients.

If you are not a big eater, try not to fill up on food and drink that does not have any healthy benefits. Things like coffee, tea, and soft drinks are some examples.

It is best to get your nutrients from your diet, but this is not always easy. If you have trouble, try taking vitamins or drinking a nutrition supplement drink.

### References:

Food and Drug Administration. The Eating Well As We Age page. Available at: <http://www.fda.gov/opacom/lowlit/eatage.html>. Accessed July 15, 2008.

United States Department of Agriculture. The MyPyramid.gov page. Available at: <http://www.mypyramid.gov>. Accessed July 15, 2008.

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