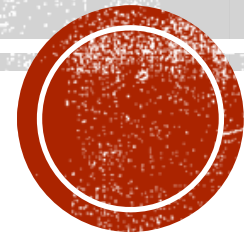


NUTRITION FOR MEN

April Ho, RD, CPT



NUTRITION NEEDS FOR RETIRED MEN

- Portion Plate – $\frac{1}{4}$ fruit, $\frac{1}{4}$ vegetable, $\frac{1}{4}$ protein, $\frac{1}{4}$ starch
- Need more Calcium and Vitamin D!
 - 3 servings dairy daily
 - Fish
 - Eggs
- Dietary Fiber – at least 30 g daily!
 - Comes from WHOLE plant foods
- Potassium – more important as we age to prevent high blood pressure
 - Comes from WHOLE plant foods
- Heart Healthy Fats – prevent cardiac events
 - Olive oil, nuts, seeds, fatty fish (fish that swim), avocado



KEEP IN MIND

- Black and white thinking is ALMOST never helpful
 - Fried food is bad
 - Salads are good
 - To be healthy, I should eliminate
 - Carbs
 - Sugar
 - Meat
- There is no “right” way to eat
- When it comes to diet and exercise, variety is the best thing you can do for your body

