



# Nutrition and Aging

*Aging is natural, and adequate nutrition and enjoying food can enhance one's physical and social quality of life.*

## Adopt a Healthy Eating Pattern -

Develop a lifestyle that provides nutrient dense foods to maintain a healthy weight

- Choose nutrient dense foods like fruits, vegetables, whole grains, fat-free or low-fat dairy, lean meats and poultry, and eggs.
- Eat regular meals. If eating large amounts at once is a challenge, have five to six small meals or snacks throughout the day.
- Limit the intake of sodium (added salt), added sugars, and saturated and trans fat which are solid at room temperature.

## Insoluble fiber adds bulk to stool and promotes regular bowel movements -

Adequate fluid may soften stool, making them easier to pass

- It is recommended women 51 years or older consume 21 grams fiber per day and men over 51 years or older consume 30 grams of fiber per day. Most Americans consume about 15 grams per day.
- Sources of insoluble fiber include whole grains such as brown rice or whole wheat, wheat bran, seeds and nuts, vegetables, and fruit. Many foods with insoluble fiber also contain soluble fiber.
- Increase the amount of fiber in your diet gradually, to prevent discomfort caused by gas, bloating, or abdominal pain.
- Drink water and other fluids at meals, as well as throughout the day.
- Pale yellow or clear urine indicates adequate hydration. Dark amber colored urine and feeling thirsty can indicate dehydration and that you should drink more fluid.

## Follow these storage and cooking tips - prevent food-borne illness

- Always wash your hands before cooking.
- Avoid cross-contamination. Keep raw meat and poultry away from vegetables. After cutting raw meat, wash your hands.
- Thaw frozen foods, especially meat, in the refrigerator rather than on the counter.
- Place leftovers in the refrigerator or freezer immediately.

Interested in learning more about nutrition?  
To schedule an appointment, please call  
**(585) 341-9150**.  
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