



Better care for your aging parents.

notes

Eight Tips for Eating Well as We Age

- Whole grains — eat the whole thing!** (approximately five to 10 ounces) = one roll, slice of bread, small muffin, ½ cup cooked rice or pasta, or 1 cup of ready-to-eat cereal .
- Vary your vegetables** (2 to 3 ½ cups) = choose a variety of colors and types of vegetables. Some of the best vegetables include green, leafy lettuces (spinach, arugula, baby greens), green beans, yellow squash, peppers (red, yellow and orange), cucumbers, broccoli or your other favorites.
- Don't forget the dairy** (equivalent of 3 cups of milk) = 1 cup of yogurt equals 1 cup of milk; 1 ½ to 2 ounces of cheese equals 1 cup of milk; 1 cup of cottage cheese = ½ cup of milk. If you are lactose intolerant, as many of us are today, then look for lactose-free choices or soy milk, which should be readily available in most supermarkets.
- Proteins pump you up: meat, poultry, fish, beans, eggs and nuts** (5 to 7 ounces of lean meat, poultry or fish) = ¼ cup of cooked beans or tofu (which is the best way for vegetarians to get their protein) 1 egg, ½ ounce of nuts or seeds, or 1 tablespoon of peanut butter can count as one ounce of meat.
- Flush your body with fluids** = You need to stay hydrated, especially as you age (and particularly if you have moved to a hot climate). Drink water every day, but also drink juice, milk and soups to maintain hydration.
- Find the fiber** = We've all heard the buzz about fiber, but the fact is it's not just buzz. Fiber can help you avoid intestinal problems and may lower your cholesterol and blood sugar.
- The salt shake-up** = Scientifically known as Sodium Chloride (NaCl — if you remember from 4th grade science class), and while too much can affect our blood pressure, some sodium is necessary to maintain good health in our blood, muscles and nerves.
- Fat is our friend** = We all want to hear that fat is OK — and it is, of course, in moderation like anything else. A healthy amount of fat in our diet helps us with certain vitamins and some energy.

For more information on these questions and what to expect, access the Parentgiving Learning Center.

(Source: United States Department of Agriculture recommendations for the average older person)