Nutrition is about eating a healthy and balanced diet so your body gets the nutrients that it needs. Nutrients are substances in foods that our bodies need to function and grow. They include carbohydrates, fats, proteins, vitamins, minerals, and water.

Good nutrition is important, no matter what your age. It gives you energy and can help you control your weight. It may also help prevent some diseases, such as: osteoporosis, high blood pressure, heart disease, type 2 diabetes, and certain cancers. However, as you age, your body and life change, and so does what you need to eat to stay healthy. For example, you may need fewer calories, but still need to get enough nutrients. Some older adults may also need more protein.

Here are some more of the challenges you might face with eating and aging well:

- Home life changes like living alone or developing mobility issues
- Health conditions that make it harder to cook or feed yourself
- Medicines that affect how food tastes, make your mouth dry, or take away your appetite
- Changes in your income making it harder to access good foods
- Decreased or altered sense of smell and taste
- Problems chewing or swallowing your food

Here are 5 Good Ways to Respond:

- Eat more nutrient-dense foods like leafy greens, lean meats, beans and whole grains
- Avoid empty calories like chips, candy, baked goods, soda, and alcohol
- Pick foods low in cholesterol and fats
- Stay hydrated! Aging can mask your thirst, especially with certain medications
- Stay Active – Physical activity can help in maintaining your appetite

Source: https://medlineplus.gov/nutritionforolderadults.html

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