



NUTRITION FOR SENIORS

No matter your age, it's important to ensure you get good nutrition in your diet. Maintaining a balanced diet and proper nutrition can do wonders to keep older adults healthier longer.



PROTEIN

PROTEIN is used as energy by the body for growth and maintenance. Protein is important for older adults because it helps build muscle.

great sources of protein include

meat, eggs, fish, & legumes

FATS are an essential part of a balanced diet, as they are used to insulate the body and keep it warm.



FATS

great sources of fats include

nuts, oils, & fish



CARBS

CARBS are an excellent source of energy for the body. It's recommended that people over 50 get at least 130 grams of carbs per day.

great sources of carbs include

whole-grain breads, crackers, & pretzels

FIBER is a form of non-digestible carbohydrate, with two types being soluble and insoluble. It's considered one of the most essential nutrients for a healthy diet.



FIBER

great sources of fiber include

veggies, fruits, nuts, & beans



FLUIDS

FLUIDS should be consumed regularly throughout the day to ensure proper hydration. Studies show that less than half of people over the age of 65 meet the recommended daily intake.

great sources of fluids include

water, milk, coffee, tea, & juice