

## Nutrition Tips for Ages 60+



Eating habits change throughout the life span. Simple changes can help you enjoy the foods and beverages you eat and drink to meet nutrient needs, help maintain a healthy body weight, and reduce the risk of chronic disease.

- Try adding seafood, dairy or fortified soy alternatives, along with beans, peas and lentils to your meals to help maintain muscle mass.
- Add fruits and vegetables to meals and snacks. Look for frozen, canned, or ready-to-eat varieties if slicing and chopping is a challenge.
- Make eating a social event. Meals are more enjoyable when you eat with others. Invite a friend to join you or take part in a potluck at least twice a week. A community center or place of worship may offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The ability to absorb vitamin B12 can decrease with age and the use of certain medications can decrease absorption. Eating enough protein and fortified foods, such as fortified cereals, can help you meet your vitamin B12 needs. Speak with your healthcare provider to determine what, if any, supplementation is right for you.
- If you use or are considering taking dietary supplements, it's important to track and discuss all dietary supplements with your healthcare provider to determine what is right for you. This includes beverage supplements which can be a source of added sugars.

## Be Active

Being physically active can help you stay strong and independent. For older adults, regular physical activity supports a number of health benefits, including brain function, balance, and bone strength. Aim for 150 to 300 minutes of moderate-intensity aerobic activity and at least 2 days of muscle-strengthening activity per week.