



MAINTAINING PROPER NUTRITION *as a Senior*

Proper nutrition becomes increasingly important as you age. In addition to adhering to a well-balanced diet including vegetables, protein and whole grains, there are specific things you can do to improve your nutrition.



PREPARE MEALS RICH IN OMEGA 3 FATTY ACIDS

Omega 3 has been proven to reduce inflammation, which can cause heart disease, cancer and arthritis. These acids can be found in flaxseeds, walnuts and different types of fish.



PAY ATTENTION TO YOUR CALCIUM INTAKE

Calcium contributes to increased bone density and lower blood pressure. Along with dairy, calcium can be found in leafy greens, fortified orange juice and non-dairy milks such as almond or soy.



LIMIT SODIUM CONTENT

Frozen, processed and restaurant foods are extremely high in sodium. Eating fresh fruits and vegetables, dry beans and unsalted nuts are good habits for creating a low-sodium diet.



STAY HYDRATED

Thirst reduces with age so it's important to be cognizant of your water intake. If your urine is dark and/or cloudy, that is a sign you are dehydrated. Be sure to drink enough liquids to maintain clear urine.

For more information visit evolution.net/healthtips

