

Build a Healthy Eating Routine as You Get Older

Good nutrition is key to staying healthy, active, and independent as you get older. And it's never too late to make healthy changes! Follow these tips to build a healthy eating routine that works for you.



Choose a mix of healthy foods

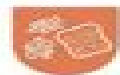
There are lots of healthy choices in each food group! Choose a variety of foods you enjoy, including:



Whole fruits — like apples, berries, oranges, mangos, and bananas



Veggies — like broccoli, sweet potatoes, beets, okra, spinach, peppers, black beans, edamame, and jicama



Whole grains — like brown rice, millet, oatmeal, bulgur, whole-wheat bread, and pasta



Protein foods — like lean meats and chicken, eggs, seafood, beans and lentils, nuts and seeds, and tofu



Low-fat or fat-free dairy — like milk, yogurt, cheese, lactose-free dairy, and fortified soy beverages (soy milk) or soy yogurt



Oils — like vegetable oil, olive oil, and oils in foods like seafood, avocado, and nuts



Depending on your culture and tastes, you might choose different foods than the ones listed here — and that's okay! You can find healthy foods that work for you at [DietaryGuidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf](https://www.dietaryguidelines.gov/sites/default/files/2020-12/DGA_2020-2025_CustomizingTheDietaryGuidelines.pdf).

Food Assistance Options For Improving Nutrition For Older Americans

Edelstein



Food Assistance Options For Improving Nutrition For Older Americans:

Food assistance : options for improving nutrition for older Americans : report to congressional requesters , *Food Assistance* Robert E. Robertson,2001-04 Many older persons cannot consistently obtain a nutritious diet particularly if their income is near the poverty level The Congress has authorized a number of programs to help provide nutrition assistance to low income households including those with older persons This report looks at 4 of these programs The Food Stamp Program the Child and Adult Care Food Program CACFP the Elderly Nutrition Program ENP and the Commodity Supplemental Food Program CSFP The report 1 determines why some older persons do not use these programs and 2 identifies strategies that could be used to increase participation in these programs Charts and tables *Handbook of Clinical Nutrition and Aging* Connie W. Bales,Christine S. Ritchie,2003-10-01 A compendium of detailed strategies for using nutritional interventions to ameliorate a host of age related disorders and an evidence based review of what intervention are and are not effective These range from the effects of nutrition on the aging eye the sense of taste and smell hearing loss sarcopenia and dementia to the clinical role of nutrition in vascular and pulmonary disorders cancer immunity endocrine and alimentary tract disorders and renal and musculoskeletal disorders The authors present the physiological basis for each disorder provide the latest information about the interaction of nutrition with each condition and review the potential routes and mechanisms for clinical intervention All clinical chapters conclude with a summary of practical applications and treatment guidelines for secondary prevention management and therapy *Food Assistance* United States. General Accounting Office,2000 **The Food Stamp Program's Elderly Nutrition Pilot Demonstration** ,2005 **Nutrition in Public Health** Sari Edelstein,2006 Community Nutrition **Nutrition in Public Health** Edelstein,2017-02-25 Thoroughly revised and updated Nutrition in Public Health explores the complex multifaceted array of programs and services that exist in the United States today that are dedicated to bettering population health through improved nutrition The Fourth Edition explores the subject by first considering how nutrition fits into public health and then by examining policymaking assessment and intervention methods special populations food security and program management **107-1 Hearings: Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations for 2002, Part 2, 2001** ,2001 *Domestic Food Assistance* Kay Brown,2010-11 The federal government spends billions of dollars every year on domestic food assistance FA programs The U S Dept of Agriculture administers most of these programs and monitors the prevalence of food insecurity that is the percentage of U S households that were unable to afford enough food sometime during the year Other federal agencies also fund FA programs however comprehensive and consolidated information on the multiple programs is not readily available This report examines 1 the prevalence of food insecurity in the U S 2 spending on FA programs 3 what is known about the effectiveness of these programs in meeting program goals and 4 the implications of providing FA through multiple programs and agencies Illus *Agriculture, Rural Development, Food and Drug Administration, and Related*

Agencies Appropriations for 2002 United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies,2001 **Food Stamp Program** United States. General Accounting Office,2004 *Community and Public Health Nutrition* Sari Edelstein,2022-03-22 Updated with the latest data in the field Community and Public Health Nutrition Fifth Edition explores the complex multifaceted array of programs and services that exist in the United States today that are dedicated to bettering population and community health through improved nutrition The Fifth Edition explores the subject by first considering how nutrition fits into public health practice and then by examining policymaking assessment and intervention methods special populations food security and program management **Supplemental Nutrition Assistance Program** United States. Congress. House. Committee on Agriculture. Subcommittee on Nutrition,United States. Congress. House. Committee on Agriculture,2015 *Nutrition for the Older Adult* Melissa Bernstein,Nancy Munoz,2019-01-02 Updated to the latest data and expert information the Third Edition of Nutrition for the Older Adult introduces students to the unique nutritional needs of this growing population Designed for the undergraduate the text begins by covering the basics including the demographics of aging physiology of aging and vitamin and mineral requirements for older adults It then delves into clinical considerations including the nutritional implications of diseases and conditions common among older adult Additional coverage includes nutritional assessment pharmacology nutritional support and much more With new pedagogical features along with revamped end of chapter activities and questions Nutrition for the Older Adult is an essential resource for students in the fields of nutrition nursing public health and gerontology **Month in Review ...** ,2000-07 *Indexes for Abstracts of Reports and Testimony* ,1993 **Nutrition Care of the Older Adult: a Handbook for Dietetics Professionals Working Throughout the Continuum of Care** Kathleen C. Niedert,Becky Dorner,2004 Completely revised with new chapters and sections covering everything the health care provider needs to know when working with the older adult either at home or in nursing and long term care facilities Chapters cover factors affecting nutrition nutrition and disease nutritional assessment dining challenges and regulatory compliance This scientifically sound and practical resource for new and experienced nutrition professionals includes new forms resources the food guide pyramid for older adults and an index of tales

Agriculture, Rural Development, Food and Drug Administration, and Related Agencies Appropriations for 2016 United States. Congress. House. Committee on Appropriations. Subcommittee on Agriculture, Rural Development, Food and Drug Administration, and Related Agencies,2015 *The Gerontologist* ,2008 **Nutrition with Navigate Advantage Access** Dr. Paul Insel,Paul M. Insel,Don Ross,Kimberley McMahon,Melissa Bernstein,2022-02 Given the vast amount of research focused on food and nutrition it can prove daunting for introductory nutrition instructors to present their students with the latest scientific content Insel s Nutrition presents the latest nutrition research in an accessible format supplemented by a behavior change approach that encourages active student engagement

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