Tips For Healthy Eating

When choosing what food to eat, get the most nutrients with healthier, less processed foods. As we age our bodies need less food. This means the food we choose needs to have the most nutrients possible to completely fuel our bodies. Filling up on foods that are nutritionally scarce means we won't be able to fuel our bodies properly. Here are some tips to get the nutrition your body needs.

- Choose foods that are as close to the way they were created. Eating and snacking on unprocessed fruits, vegetables, meats, and dairy provides the nutrients our bodies need. When shopping for food, choose more fresh foods from the outer aisles of the supermarket than processed foods from the center aisles of the store.

- Eat food high in phytochemicals. Phyto means plant, eating more plant food gives more healthy chemicals that combat disease. Fruits, vegetables, whole grains, nuts, and seeds provide the body with these disease fighting plant chemicals.

- Eat the rainbow. Choose foods with different colors to provide different nutrients the body needs. Eating foods of all colors ensures you get a wide variety of nutrients.

- Eat less processed food. While it's ok to eat cookies, cakes and chips eating them in moderation is the key. These foods have "empty calories", meaning they fill you up without providing any nutrients. This makes it harder to get the fuel your body needs each day.

- Eat the right number of calories your body needs. If we eat too much, we gain weight. If we eat too little, our bodies don't have enough fuel. There are many factors that go into calculating how many calories our body needs. Age, physical activity, gender, height, and medical conditions all contribute to the amount of food we need to eat. Talk with your doctor or dietitian to calculate how many calories you need.

Figuring out how much we need to eat can be an overwhelming task. Getting help from your healthcare team can make sure you always feel your best and your body functions the way it should.

Lorig, DrPH, K., Laurent, MPH, D., Gonzalez, MPH, V., Sobel, MD, MPH, D., Minor, PT, PhD, M., & Gecht-Silver, ODT, MPH, M. (2020). *Living a Healthy Life with Cronic Conditions* (5th ed., pp. 262-263). Bull Publishing Company and The Self Mangement Resource Center. Review and Revised 2024, J.Collins, NDTR

Lorig, DrPH, K., Laurent, MPH, D., Gonzalez, MPH, V., Sobel, MD, MPH, D., Minor, PT, PhD, M., & Gecht-Silver, ODT, MPH, M. (2020). *Living a Healthy Life with Cronic Conditions* (5th ed., pp. 262-263). Bull Publishing Company and The Self Mangement Resource Center. Review and Revised 2024, J.Collins, NDTR