

Eating Well for Aging

Healthy eating is a key part of aging well, maintaining your health, and staying strong!

Focusing on proper nutrition can help with:

- providing energy to support energy needs
- preventing the risk of chronic diseases and supporting the management of heart disease and type 2 diabetes
- preventing muscle and bone loss

Eat regularly and enjoy a variety of foods each day!

- Vegetables and fruit
 - Dark green veggies such as kale and broccoli
 - Orange veggies such as carrots, peppers, and sweet potato
 - Berries, citrus fruits
- Whole grain foods
 - Oats, wild rice, whole grain pasta and bread, whole grain crackers
- Protein foods
 - eggs, nuts and seeds, hummus, legumes (beans, lentils, chickpeas), wild game, chicken, lean red meats, pork, milk, and yogurt
- Aim to drink water and stay hydrated! Drink water throughout the day and with each meal or snack

Vitamin D and Calcium are important nutrients to keep bones strong and healthy!

- Aim to consume foods like milk, cheese, yogurt, green veggies, salmon, tuna, and mackerel each day
- Check with a Registered Dietitian for Vitamin D supplement needs or call 811 Dial a Dietitian

Eating with others provides great company and makes meals more enjoyable! If you live alone, invite a friend over for dinner, listen to music while cooking, or call a friend or family member while you're eating!

Contact to learn more!

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for more information & resources