

GUIDE FOR OLDER ADULTS

HEALTHY EATING

Regardless of age, improved dietary habits and fitness yield immediate benefits, fostering higher energy levels, quality of life and life satisfaction. Thoughtful choices in food and activity become increasingly crucial as we age for maintaining overall health. Healthy eating across the lifespan can promote health and reduce risk of chronic disease.

Choose Wisely

Optimize your nutrition by focusing on nutrient-dense foods that offer essential vitamins and minerals without excess calories, added sugars, saturated fats, or sodium. This approach ensures each bite contributes to overall health.



Limit Alcohol

As older adults process alcohol faster, they face increased risks of falls, car crashes, and injuries. Adverse effects related to existing conditions may also occur. Recommended alcohol limits are 2 drinks or less for men and 1 drink or less for women.



Handle Food Safely

Discard food if it has an “off” odor, flavor, or texture. Refer to the “use by” dates for a guide to freshness. Canned or frozen foods store well if shopping trips are difficult. Safe food handling is essential for those who have a decline in immune function.



Females ages 60+ require

1,600-
2,200
Calories

2,000-
2,600
Calories

Males ages 60+ require



Older adults are more likely to be lacking in:
B12, protein, hydration

- B12: The ability to absorb B12, which supports healthy blood and nerve cells, can decrease with age, and use of certain medications can decrease absorption. B12 sources include animal-based, foods fortified with vitamin B12 such as breakfast cereals, etc.
- Protein consumption: This prevents loss of lean muscle mass that occurs with age.
- Hydration: The thirst sensation tends to decline with age. It is important to prevent dehydration and promote good digestion. Choose water and unsweetened beverages. Water in foods (such as soup) counts too!

