

Senior Health and Nutrition: What Seniors should be Eating

What Does Eating Healthy Mean?

- Eating healthy is basically eating the right amounts of foods to provide the required nutrients to give your body enough energy for daily activities, ensure your body is functioning properly, and prevent illness and maintain longevity.
- Specific Nutritional Recommendations for Seniors:
It's helpful to periodically review your diet as you age, especially if you have any medical needs. You should schedule a visit to your doctor so he/she can assist you in creating a diet specifically for you and your individual nutritional needs.

Here are a few general guidelines:

- Monitor fat intake to maintain healthy cholesterol
- Consume more calcium and vitamin D for strong healthy bones
- Reduce your salt intake to prevent water retention and high blood pressure
- Cut back your intake of sugar and dry foods
- Increase your water intake
- Participate in regular physical activity

The Senior Food Pyramid!

Yes, indeed there is a food pyramid strictly for our senior citizens of the world! It's very much like the [food pyramid](#) you should already be familiar with, only this one is adapted specifically for the different needs of older adults who have a slower [metabolism](#) and slightly different nutritional needs.

Let's start at the base.

- It is recommended that you drink 8 servings of water a day. (I sure hope you're thirsty!!)
- Next, you should be getting six or less servings of bread, cereal, rice and pasta. (This is less than the traditional food pyramid where it is recommended we get at least six or more servings in this group.)
- Then you should be getting no more than two servings from the fruit group and two - three servings from the vegetable group. (Again, this is less, in fact half, then the traditional food pyramid)
- Now we have the dairy and meat servings. Seniors should get less than two servings from the meat, poultry, fish, beans, and eggs group. And they should also get three servings of milk, yogurt, and cheese.
- As for your beloved sweets, fats and oils... use them sparingly. You're better off making them just a little treat for yourself every so often rather than a staple part of your daily intake. (But then again, that one is true for all of us!)
- And lastly seniors should be getting calcium, vitamin D and vitamin B-12 supplements. (See your doctor for specific amounts)