ACSM's Strategic Health Initiative (SHI) on Aging Presents:

Five Ways to Eat Better

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Five Ways to Eat Better

1) Eat a Good Breakfast Every Day
   • use fruits, milk, yogurt, hot or cold cereal, low-fat cheeses, and instant breakfast mixes
   • try low-fat milk and a bran flake type cereal. You get calcium, B-complex vitamins and fiber (5.5 grams in 2 cup)

2) Get Enough Protein
   • rotate skinless chicken, fish, and lean meats as main courses
   • have daily doses of whole grains, nuts, seeds, peas, dry beans
   • use low- or non-fat dairy products regularly
   • eat eggs occasionally

3) Drink Plenty of Water
   • it makes up more than half your body composition, and must be replaced daily
   • you need it to regulate body temperature, digest foods, prevent constipation
   • drinking coffee, tea, and alcohol increase water loss (try cocoa instead)
   • popsicles and fruit juices are good alternatives to plain water
   • exercise increases the need for water

4) Fiber is Important
   • aids digestion, prevents constipation, decreases cholesterol and blood sugar
   • eat whole grain cereals
   • eat vegetable (and fruits) raw when possible with skin
   • add dry beans to soups, stews, and salads

5) Minimize High Sugar and Processed Foods
   • sweets and desserts tend to be high in calories and low in nutrients
   • soda pops, and other sugared drinks are poor beverage choices (try water or pure fruit juice instead)
   • minimize use of table sugar and syrups