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**AMERICAN COLLEGE
OF SPORTS MEDICINE®**
Tel.: (317) 637-9200 • FAX: (317) 634-7817 • www.acsm.org
Street Address: 401 W. Michigan St. • Indianapolis, IN 46202-3233 USA
Mailing Address: P. O. Box 1440 • Indianapolis, IN 46206-1440 USA

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

Five Ways to Eat Better



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

