

Remember that eating can be fun if you choose foods that are both healthy and enjoyable to you. Also, eating with friends can provide a social benefit as well as support for eating well as you age.

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ACSM's Active Aging Tips
Get the NIA Guide on Exercise free:
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ACSM's Strategic Health Initiative
(SHI) on Aging Presents:

Five Reasons to Eat Well



Five Reasons to Eat Well

1) Malnutrition presents a major health risk

- one in four older Americans is undernourished
- malnutrition decreases immune function
- malnutrition increases the likelihood of disease

2) Diet requirements change with aging

- dietary needs for older adults are different from those for younger adults
- sense of taste and thirst is reduced, requiring more attention to water and food needs
- medication can affect appetite

3) Medications may interact with foods

- careful food choices are critical if you are on medication
- ask your pharmacist or doctor if/how your medications can interact with your diet

4) Vitamin and mineral deficiencies can be avoided

- careful food choices are essential
- if caloric consumption is low, it is more important to select foods with high nutrient value

5) Calorie needs increase with exercise

- exercise is necessary for successful aging
- exercising each day burns 100-400 calories and provides freedom to select more healthy foods in your diet

