



# NUTRITION CORNER

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## Getting Back on the Healthy Track in 2018

Eating right doesn't have to be complicated. Before you eat, think about what goes on your plate or in your bowl. Choose foods that provide the nutrients you need without too many calories. Build your healthy plate with foods like vegetables, fruits, whole grains, low-fat dairy and lean protein foods.

Try these eating right tips.

1. **Make half your plate fruits and vegetables.** Eat a variety of vegetables, especially dark-green, red and orange vegetables plus beans and peas. Fresh, frozen and canned vegetables all count. Choose "reduced sodium" or "no-salt-added" canned vegetables. Add fruit to meals and snacks. Buy fruits that are dried, frozen or canned in water or 100% juice, as well as fresh fruits.
2. **Make at least half your grains whole.** Choose 100% whole-grain breads, cereals, crackers, pasta and brown rice. Also, look for fiber-rich cereals to help stay regular.
3. **Switch to fat-free or low-fat milk, yogurt and cheese.** Older adults need more calcium and vitamin D to help keep bones healthy. Include three servings of fat-free or low-fat milk, yogurt or cheese each day. If you are lactose intolerant, try lactose-free milk or a calcium-fortified soy beverage

**Enjoy your food but eat less.** Most older adults need fewer calories than in younger years. Avoid oversized portions. Try using a smaller plate, bowl and glass.

**Cook more often at home,** where you are in control of what's in your food.

**When eating out, choose lower calorie menu options.** Choose dishes that include vegetables, fruits and whole grains. When portions are large, share a meal or take half home for later.

**Be physically active.** Pick activities that you like and start by doing what you can. Every bit adds up and health benefits increase as you spend more time being active.

If you are currently inactive, start with a few minutes of activity such as walking. Gradually increase the minutes as you become stronger.

