



NUTRITION CORNER

From the desk of the OFA Registered Dietitian: *Juanita Bryant, RDN, CDE*

Nutrition and your Health

HAPPY NEW YEAR JANUARY 2019

Consuming a variety of foods from each food group helps you get the nutrients you need.

The 2015-2020 Dietary Guidelines for Americans from the USDA and HHS offers descriptions of healthy eating patterns.

As we age some of us may find foods we once enjoyed no longer taste the same and have lost flavor. Try extra spices, herbs or even lemon juice.

Maybe some foods don't agree with you anymore causing stomach pain, diarrhea or gas. Discuss this with your doctor he or she may be able to prescribe something to help.

It might be harder for you to chew your food. If you have dentures your dentist can help with that. You may have to choose softer foods such as ground turkey, pasta dishes that are easier to chew.

How many calories do people over 50 years of age need each day?

Women:

Not physically active needs 1,600 calories

Somewhat active needs 1,800 calories

An active women needs 2,000-2,200 calories

Men:

Not physically active needs 2,000 calories

Somewhat active needs 2,200-2,400 calories

An active man needs 2,400-2,800 calories

New Year's Goal: at least 30 minutes of exercise a day!



Join us at OFA'S
"Community Cafés"

For reservations and more information
please call:

Gateway Community Industries @
331-2180

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