

FACT SHEET: BENEFITS OF EATING HEALTHY AS YOU AGE

As you age, you can potentially realize many benefits from healthy eating - benefits which may help you enhance your overall wellness and quality of life. Healthy eating means eating an appropriate amount of a variety of healthy foods that will give your body the nutrients you need for your age, gender, and activity level.

Eating healthy:

- ❖ means eating meals you enjoy in a pleasant atmosphere. Such meals help you maintain a positive outlook, enabling you to enhance your quality of life.**
- ❖ may reduce your risk for chronic diseases such as heart disease, diabetes, cancer, and bone loss**
- ❖ combined with being physically active may help you manage existing chronic diseases, such as high blood pressure or diabetes**
- ❖ gives you the nutrients you need to keep all parts of your body healthy throughout your life**
- ❖ Helps keep maintain your energy level. How many calories are healthy for you depends on your age and whether you are a man or a woman, as well as how active you are**

❖ **helps you control your weight. Extra weight increases the risk for diseases such as diabetes, heart disease, and cancer and can contribute to joint problems. Excessive weight loss contributes to low energy level and muscle loss reducing your ability to do daily living activities**

❖ **can affect your digestion. Constipation may be related to how much fluid you drink or how much fiber you eat**

You can begin to eat healthier by making one change at a time. For example, start small by just eating more fruits and vegetables in your meals. Then you might take another step and choose to eat whole grain bread or whole grain cereals.

Remember - small steps can lead to your long-term wellness goal