



What is Good Nutrition?

Nutrition is defined as the quality of macronutrients: protein, carbohydrates and fats, and micronutrients: vitamins and minerals, which we ingest on a daily basis. Good nutrition means that you receive a balance of both macronutrients and micronutrients from the food you eat in a quantity that supports a healthy weight. You should care about your nutrition because it can affect your overall health, your energy level and your emotional well-being.

What Can Good Nutrition Do For Me?

• Fight Disease

There is a wealth of research to support the fact that the foods we choose impact our overall health in a variety of ways. A diet high in saturated and trans-fats is linked to heart disease. A diet high in processed carbohydrates and sugar is linked to diabetes. A diet high in salt is linked to hypertension. In many cases, a change in diet alone can improve, or even eliminate, these health problems.

• Aid Weight Management – Loss or Gain

Many older adults struggle with their weight. In some cases, the problem is excess weight due to a sedentary lifestyle or a limiting disease or disability. In other cases, older adults can suffer from weight loss caused by some illnesses, which lead to loss of appetite, fatigue, inability to prepare proper meals for themselves or lack of support systems or funds that enable a person to purchase healthy foods. With good planning and the help of your doctor or dietician, proper nutrition can be maintained regardless of the circumstances.

• Improve Energy Level and Mood

Food is the fuel that enables all of our systems to function properly. Our energy, both physical and mental, is the result of the proper fueling at the proper time. Too little fuel and we feel down and fatigued, too much fuel and we feel sluggish and unmotivated. To improve your mood and energy level, eat small amounts of healthy foods often throughout the day and avoid energy drainers like alcohol, fried foods and rich, sugary desserts.

What Types of Food Should I Eat?

The USDA has outlined food and exercise guidelines for children, teens, adults and special populations, including older adults. For more information go to website www.health.gov/dietaryguidelines or call 1-877-696-6775.