

## Healthy Eating



Eating well as you get older can help your body stay strong and your mind sharp, and it can actually help slow the aging process. A nutritious, balanced diet can also reduce your risk for health problems like high blood pressure, heart and respiratory disease, and some forms of cancer.

### Questions to think about when planning to eat healthy, nutritious foods:

**Do you know that by eating foods with more nutrients like vegetables and fruit and avoiding too many foods high in calories, you can maintain and even improve your health?** For healthy eating, try to limit fried or deep-fried food and ready-made, processed and refined foods.

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**Do you know how to modify your recipes to make the food you eat healthier?** You can choose steaming over frying and cook with more whole grains such as brown rice, oats and barley.

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**Did you know that you need fewer calories and more nutrients as you get older?**

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**Do you know where to get fresh, healthy, wholesome food in your community?**

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**Have you considered kitchen, or patio gardening (if you don't have a back yard) so that you can add fresh herbs and greens to your food?**

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**Do you need to make changes to the way you eat?** Eating too much food high in sodium and processed fats can harm your health.

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[Healthy Eating](#) (link)

[Planning for Healthy Aging](#) (link)