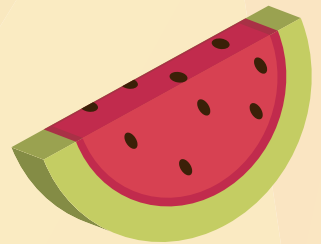


5 tips to a healthy diet for seniors

It's important for seniors to get the most from their diets. Here are some tips to help them achieve their nutrition goals.

Focus on a Health Plate

Make sure your meal plates have plenty of fruits and veggies, lean protein, and healthy carbs. If you focus on making healthy plates, it's okay to enjoy a special treat every once in a while.



Get the Skinny on Fat and Sugar

Pay extra attention to the added fats, sugar, and sodium in your diet. Flavor your foods instead with herbs and spices to help lower your intake of sugars, salt, and saturated fats.



Read Your Labels

The FDA has a tool to help you make informed food choices that can have positive effects on your health and wellness. It is called the Nutrition Facts label and you can find it on packaged foods and beverages. Simply paying attention to serving sizes and daily percentage values can help you make healthy choices for you.



Know Your Numbers

In general, women age 60+ need about 1,600–2,200 calories per day, while men require about 2,000–2,600 calories per day.



Stay Hydrated

Adults 60 and older are at greater risk for dehydration. Drinking plenty of water is a simple yet vital part of maintaining good health, especially as we get older.



Caring for Seniors, It's What We Do

Senior LIFE is a Medicare and Medicaid approved long-term care program that provides complete medical care and supportive services for persons 55 years and older so that they can remain living in their home. The LIFE Program is an alternative to nursing home care.

There are no costs for services for Medicaid eligible persons. Senior LIFE's services can include physicians and specialists, nursing care, therapies, personal and home care, medications, meals and nutritional counseling, and other medically necessary services.

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