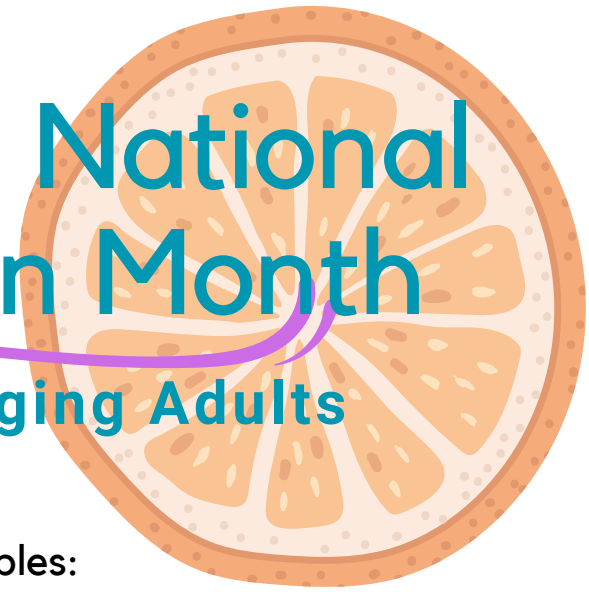




March is National Nutrition Month

Tips for Aging Adults



Fill half your plate with fruits and vegetables:

Aim for a rainbow of colors throughout your day. Fresh, frozen, and canned fruits and vegetables are ways to get variety in your diet. Look for "low-sodium" and "reduced sodium" on the labels. Choose fruits that are dried, frozen, and canned in water or 100% juice to avoid added sugars.

Choose whole grains:

Whole grains are packed with fiber and nutrients. They are often enriched (nutrients added back into foods that may have been lost or reduced in processing) and fortified (nutrients not naturally found in the food are added). Cereals, breads, crackers, and pastas can be found in whole grain versions. You can look for this logo on packaging to see the amount of whole grains per serving.



Choose a variety of protein sources:

Protein is found in many plant-based food sources and animal products are not the only way to get plenty of protein. Nuts, beans, seeds, peas, and lentils are all excellent sources of protein. They contain zero cholesterol and provide fiber and nutrients you can't get from meat. B12 is found in animal sources but many plant-based foods are also fortified with B12.

Diabetes and Carbohydrates:

A common myth is that people with diabetes cannot have carbohydrates. This is false as carbohydrates along with fat and protein are essential macronutrients. Carbohydrates are broken down to glucose in the body and are important to balance blood sugar levels.

Stay Well-Hydrated:

Drinking plenty of water throughout the day will help you avoid dehydration. Drinking water during or after a meal helps your body break down and process food (digestion) and helps your body absorb nutrients. Water is vital for good health.

Sources: <https://diabetes.org/healthy-living/recipes-nutrition/understanding-carbs>
<https://www.eatright.org/national-nutrition-month-2023/resources>

