

Second Helping

A Few More Things You Might Find Helpful from United Way Meals on Wheels

July 2022

Eating for Energy as You Age

Focus on These Food Groups to Keep Feeling Spry

Even though your activity level tends to decrease as you get older, your body still needs vital nutrients to perform at its best. But since you're probably not burning as many calories as you used to, you need to choose foods carefully for both your overall health and positive energy. Here are some guidelines to help you make nutritious, power-packed choices.

▪ Fruits and Vegetables

They're low in calories compared to other foods, but high in fiber (good for appetite control and digestion) and carbohydrates -- your main source of energy. Brightly colored vegetables, such as broccoli and carrots, are great choices as well as melons, berries, apples, bananas, oranges and even tropical fruits.

▪ Whole Grains

Because they have a milder impact on your blood sugar and provide valuable complex carbohydrates, eating whole grains instead of refined grains can lead to more positive, stabilized energy levels. Studies also show that whole grains can lower your risk of chronic conditions, such as heart disease and type 2 diabetes. Some of the best sources are 100% whole-grain breads and cereals, old-fashioned oats, air-popped popcorn and brown rice.

▪ Cold-Water Fish

Diets rich in omega-3 fatty acids may result in improved memory, brain function and mood, all of which contribute to positive energy. One of the optimum sources of omega-3 (in addition to healthy protein) is cold-water fish. So think salmon, halibut, herring, lake trout, mackerel or sardines. And keep it healthy by grilling, baking or broiling instead of frying.

▪ Low-Fat Dairy Products

Your need for bone-strengthening calcium and vitamin D increases as you age, but many people find it hard to get enough. Low-fat dairy products are not only one of the best ways to fill that void, but also provide protein and high-energy carbohydrates. Nutritious options include low-fat milk, yogurt and cottage cheese.

Questions for Meals on Wheels? Call us at 205.592.0413.

Source: livestrong.com

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CSH-07/22