

Healthy food shifts

Eating the right amount is important but so is making sure you're getting all the nutrients you need. Older adults often need fewer calories, but more nutrients, which makes it essential to eat nutrient-dense foods. To eat nutrient-dense foods across all the food groups, you may need to make some changes in your food and beverage choices. You can move toward a healthier eating pattern by making shifts in food choices over time. Here are some ideas:

Shift from:		Shift to:
High-calorie snacks		 
Fruit products with added sugars		 
Refined grains		 
Snacks with added salt or sugars		 
Solid fats		 

Check out these tips for planning healthy meals as you get older.