HEALTHY AGING
Everyone gets older, but not at the same rate!

Healthy aging allows us to be able to do the things we want to do as we get older.

Unhealthy aging limits what we can do as we get older.

Good nutrition plays a role in aging:
• Helps prevent chronic disease like high blood pressure, heart disease, and diabetes
• Improves quality of life

Poor nutrition can lead to:
• Difficulty moving
• Difficulty thinking
• Loss of teeth
• Loss of taste or smell
• Loss of independence
• Complications with chronic conditions, like diabetes

We need less:
• Processed foods
• Added sugars
• Refined grains like white bread and white rice
• Salt
• Alcohol
• Saturated fat (found in foods like bacon, hot dogs, butter, and mayonnaise)

Add exercise!
• Builds muscle and bones
• Helps with mild dementia
• Improves mood and well-being
• Increases energy
• Improves mobility and balance
• Helps manage blood sugar
• Helps with regular bowel movements
• Aids in recovery after illness or surgery

For healthy aging, we need more:
• Whole grains, like brown rice and quinoa
• Fiber
• Fruits and vegetables
• Healthy fats, like avocado and olive oil
• Lean proteins – consider plant proteins and lean meats

For more information, visit pa-foundation.org/yournutrition.

Supported by Abbott