



# 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

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

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 more information,  
visit [pa-foundation.org/yournutrition](https://pa-foundation.org/yournutrition).



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