

Healthy Foods for Seniors

DO Eat

Bulgur

Bulgur rates the highest on the insoluble fiber scale, at 8.6 grams per serving with spelt and barley coming in second and third.



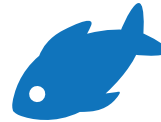
Green lentils

Providing more than 15 grams of total fiber per cup, lentils also have high potassium content which helps lower blood pressure and is also low on the glycemic index.



Fish

Fish provides marine-based omega-3 in the form of DHA and EPA which are essential for lowering blood cholesterol, maintaining brain function and may assist in preventing Alzheimer's Disease. Vegetarians should consider taking an algae-based DHA supplement.



Avocado

Half an avocado actually has more potassium than a whole banana and is a good source of heart-friendly monounsaturated fatty acids, the same fat found in olive oil.



Plums

Plums and other foods in the purple food group collectively have the highest antioxidant level of all the colors. Enjoy plums, blueberries, blackberries and concord grapes.



Olive oil

Contains monounsaturated fatty acids that can protect against serious illness including heart disease.



Red wine

Known to contain certain antioxidants, drinking red wine **in moderation** may help prevent coronary artery disease.



DON'T Eat

Fried foods

Broil instead of frying whenever possible.

White breads

Eat sprouted grain bread.

Creamy salad dressings

Use olive oil and vinegar.

White rice

Substitute with brown rice.

White sugar

Get your sweet fix with fresh fruit.

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