

Your **Path to Good Health** Starts with Your Grocery Cart!





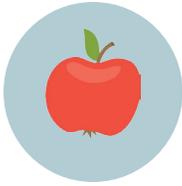
Your aging process began the minute you were born. The health and lifestyle decisions you made throughout your life affect how you feel now.

With that knowledge, do you wish you could go back and make healthier choices? Unfortunately, a time machine doesn't exist. **But it isn't too late to make lifestyle changes now that can slow aging and help you feel better in the years to come.**

Physical changes that happen as you age affect the way your body digests food and absorbs nutrients. This means you need to pay attention to a few important nutrients, like protein, vitamins, minerals, and dietary fiber.

The challenge is, your body requires fewer calories to maintain your weight, but you still have to get the same amount of nutrients. **It is important that you choose foods that are good sources of the nutrients you need.**

This ebook will guide you through the nutrients provided by each food group in the grocery store and why your body needs them for good health...it all starts with what you put in your shopping cart!



Fruits



Cart Tip: Fruits are a healthy option for dessert!

Fruits are good sources of:

Potassium

- Helps maintain healthy blood pressure
- Lowers risk of strokes

Dietary Fiber

- Helps reduce blood cholesterol levels
- Lowers risk of heart disease
- Helps clean out excess waste and toxins in the colon

Vitamin C

- Inhibits damage to cells
- Helps maintain healthy skin, gums, and blood vessels
- Protects body from infection by boosting antibodies

Folic Acid

- Essential in making new body cells
- May help protect against heart disease



Vegetables

Cart Tip: Fresh, frozen, and canned vegetables are all nutritious choices.



Vegetables are good sources of:

Vitamin A

- Supports maintenance of eye health
- Promotes growth and health of cells throughout the body
- Protects body from infections
- As an antioxidant (carotenoid), it reduces risk of cancers and other diseases of aging.

Phytonutrients

- Enhances immunity
- Detoxifies carcinogens
- Repairs damage to DNA caused by toxins
- Prevents or slows chronic diseases

Like fruit, veggies are also good sources of potassium, dietary fiber, and folic acid.



Grains



Cart Tip: Choose whole grains for more dietary fiber.

Grains are important sources of dietary fiber and folic acid. They also contain:

B vitamins (thiamin, riboflavin, and niacin)

- Helps regulate metabolism
- Needed for a healthy nervous system

Iron

- Carries oxygen in the blood
- Protects the body from infections
- Helps produce collagen

Magnesium

- Supports bone health
- Aids in releasing energy from muscles
- Helps maintain body cells in nerves and muscles

Selenium

- Protects cells from damage that may lead to heart disease or cancer
- Aids cell growth
- Boosts immunity



Cart Tip: Low-fat and non-fat dairy foods are lower in calories.



Foods in the Dairy group are rich in potassium. They are also good sources of:

Calcium

- Builds bones and teeth and is necessary in maintaining bone density
- Helps muscles contract and heart beat

Vitamin D

- Helps build and maintain healthy bones
- Supports cell growth and immune health



Proteins

Protein foods include meat, poultry, fish, dry beans & peas, eggs, nuts and seeds. These foods are high in B vitamins, iron, and magnesium. They are also good sources of:

Vitamin E

- Prevents the oxidation of LDL cholesterol, lowering the risk for heart disease and strokes
- Reduces the risk of health problems like cancer

Zinc

- Promotes cell reproduction and tissue growth and repair
- A deficiency changes appetite and the ability to taste food.

Omega-3 Fatty Acids (Salmon, tuna, other fish oils)

- Reduces risk of heart disease
- Supports mental function

Cart Tip: Lean proteins have fewer calories and are more heart healthy.



Eating nutritious foods is the starting point for good health as you age. The old saying, “you are what you eat” is true! Once you start making healthy food choices as part of your lifestyle, your overall well-being will improve and you will enjoy life now and in the years to come!

At some point, shopping and cooking might become too much for you. It is still important for you to make healthy choices. Many communities offer meals at senior centers. These centers also provide home-delivered meals for those unable to leave their homes. For more information go to www.eldercare.gov.



Tip: Don't forget about exercise! Everyone needs about 30 minutes of moderate activity per day. Choose activities that improve your endurance, strength, and flexibility.

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