

# COASTLINE ELDERLY NUTRITION NEWS

From the desk of Kim Ferreira, MS, RD, LDN  
Coastline Elderly Services, Inc.

## Celebrate Older Americans Month

May is known as “Older Americans Month”! The Administration on Aging now estimates that there will be nearly 72 million people over the age of 65 in the United States by 2030! People are living longer but not always healthier.

There are many changes that take place in our body as we age. This means that it is extremely important to keep nutrition and healthy lifestyles a part of your daily routine. Here are a few tips for living the healthiest life possible:

- Make sure you take enough Calcium and Vitamin D, to counteract the effects of weakening bones. You can get these valuable vitamins and nutrients from low-fat milk and yogurt.
- Vitamin B will help your digestive system stay on track, so make sure you include whole grains and nutritional supplements in your diet.
- Keep your body hydrated. Water is essential for helping your body flush out toxins and keeping joints healthy. Besides water, it is a great idea for elderly people to focus on foods that are high in water content such as fruits and vegetables.
- Enjoy some good fat in your daily diet. Olive oil, nuts, seeds, and avocados are all sources of good fats. Good fats actually help remove the bad cholesterol from your body.
- Incorporate foods that are rich in fiber to alleviate the common problem of constipation— especially when combined with staying properly hydrated. Whole grains, fresh/frozen fruits and vegetables are great sources for fiber.

Your body is constantly changing with its nutritional needs. Make sure to contact a dietitian if you need to better understand the best ways to get adequate nutrition in your golden years.

Source: Insider's Health Newsletter, Volume 237, May 2010; [www.insidershealth.com](http://www.insidershealth.com)