**NUTRITION FOR SENIORS**

No matter your age, it’s important to ensure you get good nutrition in your diet. Maintaining a balanced diet and proper nutrition can do wonders to keep older adults healthier longer.

**PROTEIN**

*Great Sources of Protein include*
- Meat, eggs, fish, & legumes

**Fats**

*Great Sources of Fats include*
- Nuts, oils, & fish

**Carbs**

*Great Sources of Carbs include*
- Whole-grain breads, crackers, & pretzels

**Fiber**

*Great Sources of Fiber include*
- Veggies, fruits, nuts, & beans

**Fluids**

*Great Sources of Fluids include*
- Water, milk, coffee, tea, & juice

**Protein** is used as energy by the body for growth and maintenance. Protein is important for older adults because it helps build muscle.

**Fats** are an essential part of a balanced diet, as they are used to insulate the body and keep it warm.

**Carbs** are an excellent source of energy for the body. It’s recommended that people over 50 get at least 130 grams of carbs per day.

**Fiber** is a form of non-digestible carbohydrate, with two types being soluble and insoluble. It’s considered one of the most essential nutrients for a healthy diet.

**Fluids** should be consumed regularly throughout the day to ensure proper hydration. Studies show that less than half of people over the age of 65 meet the recommended daily intake.