

Healthy Eating

It is important to eat a variety of foods from each food group to make sure you get enough vitamins and minerals. Follow this guide to build balanced meals. Remember to limit the amount of salt, saturated fat and added sugars in your meals.

Fruits and Vegetables

1/2 of your meal should be colorful fruits and vegetables. These are great sources of Vitamin A, C.

Healthy Fats

Cook with low sodium soft margarine or vegetable oil (2 teaspoons per day). This can help the body absorb Vitamins A, D, E, K from the foods you eat.

Fluids

It's important to drink during the day, even if you don't feel thirsty.

- Sip on water, milk (or milk alternative), tea, or coffee during and between meals.
- Some foods, such as fruits, vegetables and soups, can count towards your fluid intake.

Grains

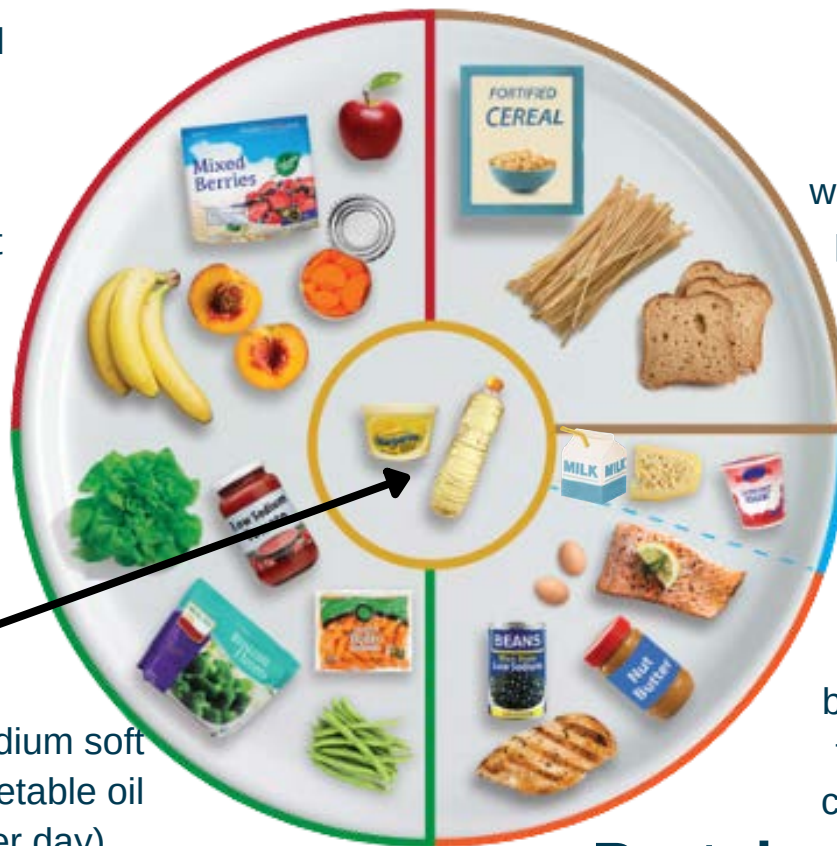
1/4 of your meal should be whole grains. Foods like whole wheat bread or pasta provide fiber and B vitamins.

Dairy

(2 - 8 oz servings per day) Dairy can be a great source of fortified Vitamin D, calcium and protein.

Protein

1/4 of your meal should be lean proteins like seafood, beans, chicken or fish. Protein helps keep your muscles strong.



Physical activity helps you feel good. It can reduce symptoms of arthritis, anxiety and depression. It also helps keep chronic conditions like diabetes and high blood pressure under control. Try to be active at least 30 minutes each day. Here are 3 easy ways to be active at home or in the community. Be sure to start slow and do what you can.

Get your heart pumping

- Take a walk indoors or outside in your neighborhood.
- Dance to your favorite songs.



Build muscle strength

Try chair exercises to strengthen muscles in your arms and legs.

- Do arm circles or bicep curls.
- Do leg lifts or leg extension.



Balance activities

To lower risk of falls:

- Stand on one leg while holding on to back of a chair for support. Alternate legs.



- Practice standing from seated position.



Check out these additional resources for in person or online classes and videos:

<https://www.alwaysactive.org/>

<https://tools.silversneakers.com/>