

SPRING

GLEANNERS

NUTRITION NEWSLETTER

for seniors



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The foods that you eat play a big role in keeping your heart healthy. Even small changes can make a big difference in keeping you feeling good and doing the things you love! Fill most of your plate with foods that have lots of colors, fiber, and healthy fats.

♥ COLORS

- colorful foods have lots of different vitamins and minerals that your body needs to work properly
- eat plenty of fruits and vegetables to get your colors!

♥ FIBER

- can lower cholesterol
- helps you stay full and keeps your gut healthy
- fruits, vegetables, beans, nuts, and whole grains are rich in fiber

♥ HEALTHY FATS

- can lower cholesterol
- help boost brain health and lower inflammation
- fish, nuts, avocados, and vegetable/olive oils have lots of heart-healthy fats

7 Heart Healthy Tips for Seniors



1. Eat the rainbow of fruits and vegetables

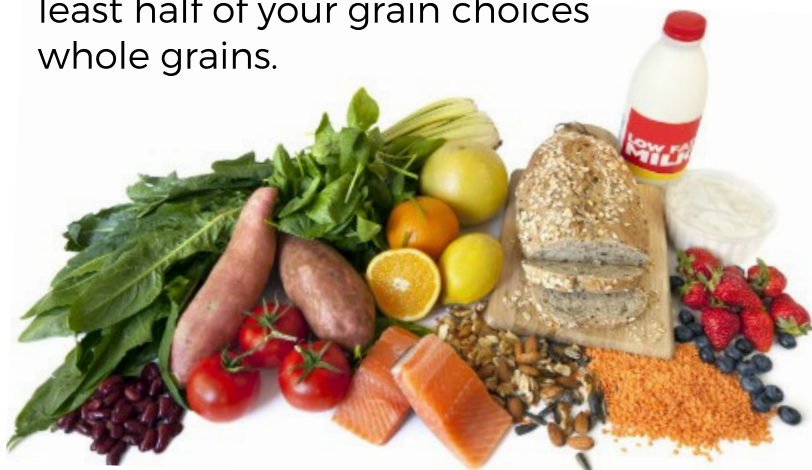
Low in calories and high in vitamins, minerals, and fiber, these foods are nutrition powerhouses! Aim for at least five servings of fruits and vegetables per day. All kinds count: fresh, frozen, and canned!

2. Go for lean protein choices

Whenever possible, choose skinless chicken, meat with the least amount of visible fat, and ground meat that is at least 85% lean. Enjoy fried or cured meats (like bacon and sausage) as occasional treats, and only eat a small amount. Other healthy protein options include fish, nuts, beans, and soy products.

3. Choose whole grains

Whole grain foods (like brown rice, oatmeal, and whole wheat bread) have more fiber than enriched grains (like white rice and white bread). Read the ingredients list to check that the first ingredient is a whole grain, and make at least half of your grain choices whole grains.



4. Drink (or eat) your dairy

Low-fat milk, cheese, and yogurt are great sources of calcium, vitamin D, and protein for overall health. If you can't tolerate dairy foods, try fortified soy products!

5. Limit sugar and salt

Too much sugar and salt can cause problems for your heart. Read the Nutrition Facts labels on foods, look for lower sodium options, and cook with herbs and spices at home. Enjoy small amounts of sweets and sugary drinks as special treats only.

6. Swap in healthier fats

Instead of cooking with butter or lard, try using vegetable or olive oil. Mashed avocado makes a great substitute for mayo, and spreads like Smart Balance®, Benecol®, or Promise® have less saturated (unhealthy) fat than butter.

7. Take care of your body

Good nutrition is just one ingredient in the recipe for a healthy heart. Make it a habit to get enough rest and physical activity, see your doctor regularly, and take all medications as prescribed. Spend time with friends and family and find activities that you enjoy doing to manage stress.