



Why is healthy eating important?

As Nelson got older, he started having problems with his cholesterol and blood pressure. As a result, Nelson had to be more mindful lifestyle choices like his diet. After speaking with his provider and Registered Dietitian, he was able to make healthy changes to his diet. This helped him improve his cholesterol and blood pressure. Now, Nelson can do the things he was not able to do 10 years ago. It is important to feed your body to stay healthy and give you energy to do the things you enjoy.

What can you look for?

- Muscle loss
- Fat gain
- Sense of smell and taste decrease
- Smaller appetite
- Harder time chewing/swallowing foods
- Cooking/preparing meals becomes difficult

Your body and nutritional needs change as you get older. Being aware of what, when, how, and why you eat is key. Healthy eating can be made harder due to the cost of food, difficulty finding transportation, and struggles preparing or cooking food.

Questions to ask yourself:

- Have you noticed changes in your body or weight?
- Do you have a smaller appetite?
- Do you have a hard time chewing or swallowing?
- Is it harder to prepare or cook food?





What can you do?

- Eat Alaska Native foods when available
- Limit added sugar (soda, candy, baked goods)
- Add more fruits and vegetables to meals and snacks
- Check food labels for healthy ingredients
- Drink enough water

Where can you find support?

- [Health Education](#) and [Learning Circles](#) offer support with meal planning, exercise, and healthy habits.
- [Registered Dietitian](#) can recommend healthy changes to your diet specific for you.
- [Dental](#) can assist with teeth or gum problems that affect eating.
- [Community Resources](#) may bring meals to older adults and make food easier to get.

For more information, visit <https://www.southcentralfoundation.com/aging-well/>

Alaska Native Health Campus Resources

Anchorage

(907) 729-3300

Matanuska-Susitna Borough

(907) 631-7880

- Dental
- Health Education
- Learning Circles
- Primary Care
 - Community Resource Specialist
 - Registered Dietitian

Community Resources

- Food Bank of Alaska
(907) 272-3663
- Older Alaskans Program|
Meals on Wheels
 - Anchorage
(907)349-0613
 - Wasilla (907)376-3104
- Nutrition Info for Older
Individuals (USDA)[https://
www.nal.usda.gov/
fnic/older-individuals](https://www.nal.usda.gov/fnic/older-individuals)

