Healthy Eating

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 of his 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 are some considerations for health eating?

- Muscle loss
- Body fat increase
- Sense of smell and taste decrease
- Smaller appetite
- Harder time chewing and swallowing foods
- Cooking and preparing meals becomes difficult

Your body and nutritional needs change as we age. Being aware of what, when, how, and why you eat is key. Healthy eating can be made harder due to food costs, 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?

For more information visit:

www.southcentralfoundation.com/aging-well

Or scan the QR code

AGING WELL

What can you do?

- Eat Alaska Native foods when available.

- Limit added sugar such as soda, candy, and 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?

Contact your care team at St. Paul Community Health Center .... **(907) 546-8300**

NB

☑ Registered Dietitians 📞

Registered dietitians can recommend healthy changes to your diet specific for you.

☐ Health Education 📞

Health Education learning circles offer support for meal planning, exercise, and healthy habits.

☑ Dental

Dental can assist with teeth or gum problems that affect eating.