

# AGING WELL

# 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 with 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 healthy 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 more challenging 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](http://www.southcentralfoundation.com/aging-well)

Or scan the QR code

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## 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 primary care team directly or contact  
Anchorage Native Primary Care Center ..... 907-729-3300

### Registered Dietitians


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


Health Education ..... 907-729-2689


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


Dental ..... 907-729-2000

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

 Referral needed

 Travel by plane required

 Travel by car required

 Available over the phone or virtual visit