

Proper nutrition throughout life has been shown to be an effective means of maintaining good health and minimizing degenerative changes.

To assure yourself a balanced diet, choose from the following food groups:

## **FRUITS**

### **2 servings daily**

Provides fiber, minerals, vitamins A and C, phyto chemicals and other vital nutrients.

#### ***A serving is:***

- 1 cup raw fruit
- 1/2 cup cooked fruit
- 1 medium sized piece of fresh fruit
- 1/2 cup enriched juice

## **VEGETABLES**

### **3 servings daily**

Provides fiber, minerals, vitamins A and C, phyto chemicals and other vital nutrients.

#### ***A serving is:***

- 1 medium potato
- 1 cup raw vegetable (especially dark green and yellow)
- 1/2 cup cooked vegetable

## **MEAT, POULTRY, FISH, DRY BEANS, EGGS & NUTS**

### **2 servings daily**

Provides essential protein, iron, thiamin, riboflavin and niacin.

#### ***A serving is:***

- 3 oz. of cooked lean meat, fish, chicken or turkey
- 2 eggs
- 1 1/2 cup cooked dry beans or peas
- 3 tablespoons peanut butter
- 3/4 cup cottage cheese

## **MILK, YOGURT & CHEESE**

### **2-3 servings daily**

Needed for calcium, high-quality protein, riboflavin, Vitamin A plus other nutrients.

#### ***A serving is:***

- 1 cup milk
- 1 cup buttermilk
- 1 oz. cheese
- 1 cup yogurt

## **BREAD, RICE, PASTA & FORTIFIED CEREALS**

### **6 servings daily**

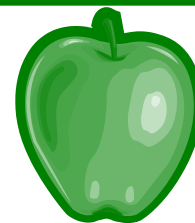
Supplies food energy and is a source of fiber, protein, iron and several of the B vitamins: thiamin, riboflavin and niacin.

#### ***A serving is:***

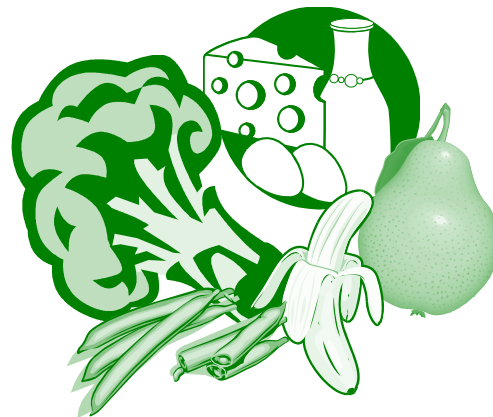
- 1 slice whole grain bread
- 3/4 cup ready-to-eat-cereal
- 1/2 cup cooked noodles, pasta, grits or oatmeal
- 1/3 cup beans, lentils, rice
- 1 small muffin, roll, biscuit
- 6 saltine-type or 3 graham crackers
- 2-4 (3/4 oz) whole wheat crackers

## **WATER**

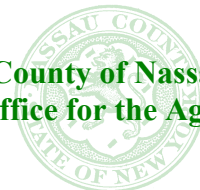
### **8 8 oz. servings daily**

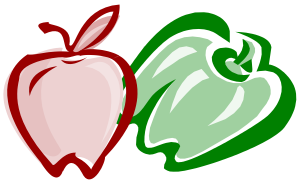


# **GOOD NUTRITION FOR SENIORS**



County of Nassau  
Office for the Aging





# TEN NUTRITION TIPS

*Healthy eating is the key to good nutrition at every age.*

- 1. Consume a well-balanced diet** that includes a variety of fresh fruits, vegetables, whole grain breads and cereals, lean meats, poultry, fish and low-fat dairy products.
- 2. Drink plenty of fluids.** As we get older, it is especially important to drink 6 to 8 glasses of water daily because of changes in our digestive system and greater susceptibility to dehydration.
- 3. Eat lots of fiber-containing food** such as whole grain bread and cereals, raw or slightly cooked vegetables, fruits and dried peas and beans. Fiber helps to promote regular elimination of body wastes and contributes to cholesterol control.
- 4. Avoid high calorie foods** such as fried foods, pastries and cakes, candy and alcoholic beverages in order to maintain desirable weight.
- 5. Limit foods containing large amounts of sugars,** including white and brown sugar, honey and syrups. As you age, your body's ability to process blood sugar decreases. Therefore, it is important to avoid large amounts of soft drinks, candies, cakes and cookies. Instead, select water-packed fruit or fresh fruit.
- 6. Avoid too much fat, particularly saturated fat and cholesterol.** Choose lean cuts of meat, poultry and fish, and serve small portions (2-3 oz.)
  - Trim fat from meat and poultry before cooking.
  - Try to eat fish at least 2x/week.
  - Roast, bake or broil. Do not fry.
  - Use low-fat dairy products in place of whole milk dairy products.
  - Limit use of egg yolks to 2-3 per week.
  - Avoid use of butter, margarine partially hydrogenated fat (trans fatty acids), lard, palm kernel oil, palm oil and coconut oil.
  - When fat must be used, choose monosaturated fats such as olive and canola oils.
- 7. Avoid too much sodium** by reducing cooking salt and table salt and limiting intake of salty foods such as potato chips, pretzels, cured meats, canned vegetables and soups, pickles, condiments (soy sauce, steak sauce, garlic salt) and other convenience foods such as frozen entrees.
- 8. Eat at regular times** and eat about the same amount of food each day. To lose weight, eat smaller portions rather than skipping meals.
- 9. Use a variety of herbs and spices** as a replacement for salt. You may need to use generous amounts in order to compensate for a decline in taste sensitivity.
- 10. Frequently include the following foods** in your diet in order to help protect you against certain illnesses:
  - Cabbage family vegetables such as broccoli, cauliflower, brussels sprouts, all cabbages and kale
  - Foods containing vitamin A such as carrots, peaches, apricots, squash and broccoli
  - Fruits and vegetables containing vitamin C such as broccoli, red and green peppers, cantaloupe, oranges, strawberries, grapefruit and tomatoes

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