



HEALTHY EATING ON A BUDGET

Helpful tips:

- Plan your meals! Keep in mind the items you have and the items on sale when planning meals for the week. Then make a grocery list, buy what you need, and enjoy healthy meals all week!
- Opt for less expensive sources of protein like beans, canned tuna or salmon, peanut butter, and cottage cheese. These foods can provide protein for less money than meat.
- Choose frozen vegetables and canned fruit if fresh foods aren't in season. They keep longer, can be softer to chew, and easier to prepare.

Adequate sleep supports physical



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FOR MORE HEALTHY
AGING INFORMATION:



FoodSmart
COLORADO



<https://foodsmartcolorado.colostate.edu/>

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NUTRITION FOR HEALTHY AGING



Tips and ideas to optimize your health

HEALTHY AGING STARTS WITH A HEALTHY DIET

Tips you can try **today** for a healthier diet:

→ Try a new vegetable or fruit

The more colorful the better! Colorful produce indicates richness in vitamins, minerals, and antioxidants. Fruits and veggies also contain fiber to promote stable blood sugar and healthy digestion.

Aim for 5+ servings of vegetables and fruits per day.

→ Switch to low-fat dairy

Swap your usual dairy products (milk, yogurt, cheese, etc.) to low-fat alternatives. This will help reduce saturated fat in your diet while still delivering calcium and vitamin D.

→ Drink more fluid

Make an effort to drink more fluid to avoid dehydration. Have a low-sugar beverage with every meal—water is the best option. In fact, have a glass right now!

→ Get enough protein

Consuming adequate protein helps maintain your muscle mass and stabilize blood sugar. Muscle mass decreases with age and eating protein rich foods can help. Opt to start your day with a healthy, filling protein source.

Breakfast ideas:

- >Oatmeal + Walnuts + Milk
- >Greek Yogurt + Fruit
- >Eggs + Avocado + Whole Grain Toast
- >Omelet + Veggies

→ Reduce salt & sugar

During cooking, use herbs, spices, and homemade blends for flavoring dishes before reaching for the salt shaker or sugar bowl.

Substitutions...

Salt:

- >fresh or powdered garlic
- >onion powder
- >lemon juice
- >nutritional yeast

Sugar:

- >cinnamon
- >vanilla
- >unsweetened apple sauce
- >dried dates



MORE NUTRITION TIPS!

Bone Health

Many of us know that consuming adequate calcium is necessary to promote bone health. But did you know that adequate vitamin D is also needed to promote calcium absorption?

Sources of calcium include: milk, cheese, yogurt, tofu, kale, broccoli, almonds and fortified foods like orange juice and soy milk.

Sources of vitamin D include: salmon, herring, sardines, fortified milk and orange juice, and mushrooms exposed to UV light. Our bodies also make vitamin D when our skin is exposed to sunlight. Ask your doctor if vitamin D supplements are needed.

Maturing Metabolism

As you age, you may require fewer calories than younger adults, but require *more* of certain nutrients like **protein, calcium, vitamin D, and vitamin B12**. The reason: at older ages, our bodies are less efficient at making and absorbing protein and some vitamins and minerals.

