

“One should eat to live, not live to eat.”

MOLIERE

# Senior's KITCHEN

**Nutrition and Diet Tips  
For Healthy Eating As You Age**

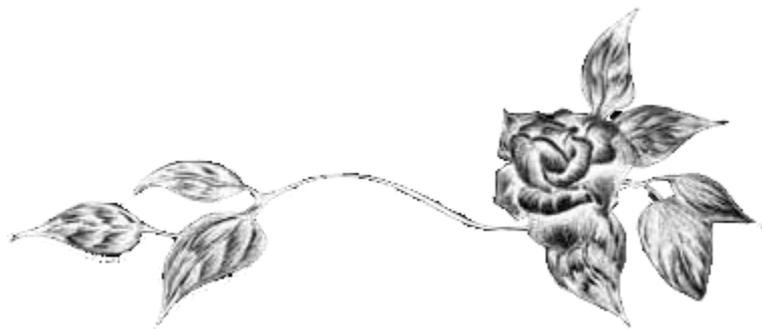


# SENIOR'S KITCHEN

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Nutrition And Diet Tips  
For Heathy Eating As You Age

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# Disclaimer

Not all exercise programs and nutritional guidelines are suitable for everyone. Check with your doctor before beginning any fitness/nutrition program to avoid/reduce the risk of injury.

Perform any exercises at your own risk. Training alone is never recommended, especially for beginners. It's always best to train under the supervision of an experienced coach.

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# Foreword

*We all know that nutrition is the cornerstone of everything we do. Eating well at any age is important but the older we get, the more important this becomes.*

*So here is a little gift for you.*

*In my new booklet "Senior's Kitchen", I have compiled a few notes that will hopefully help you out.*

*It's a collection of information, tips and tweaks geared towards helping those of us who are growing older refine their eating habits and get the best out of the meals.*

*I know that eating properly is one of the toughest things to do. It is where most people fail and it is actually one of the leading causes of malnutrition in our senior citizens.*

*Well, now you have a handy weapon in your arsenal.*

*Please feel welcome to read through it and give me any feedback or ask me any questions you may have.*

*Dedicated to your success.*

*Don*

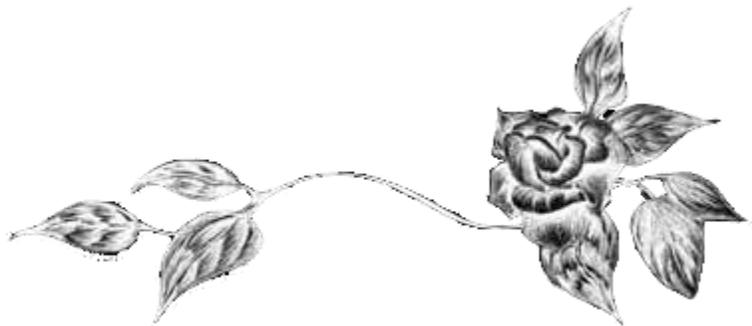
Donatello Pisani  
**CEO - The BodyForge**  
*We Change Lives. One Rep At A Time.*



# Senior's Kitchen

“By the time you're eighty years old you've learned everything.  
You only have to remember it.”

————— *George Burns* —————



# SENIOR'S KITCHEN

## *Nutrition and Diet Tips for Healthy Eating as You Age*

Eating well is important at any age, but even more necessary for seniors because nutritional needs change as we age. Adequate nutrition is necessary for health, vitality and quality of life.

Unfortunately, for a variety of reasons, many seniors are not eating as well as they should, which can lead to poor nutrition or malnutrition, easily being mistaken as a disease or illness.

For older adults, the benefits of adopting a healthy diet include increased mental acuity, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced.

But healthy eating doesn't have to be about dieting and sacrifice. Whatever your age, eating well should be all about fresh, tasty food, creativity in the kitchen, and eating with friends and family.



# Feeding Your Body, Mind And Soul

No matter your age or your previous eating habits, it's never too late to change your diet and improve the way you think and feel. When you choose a variety of colorful fruits and veggies, whole grains, and quality proteins you'll feel vibrant and healthy, inside and out. Improving your diet now can help you:

## Live longer and stronger

Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense foods, keeping weight in check.

## Sharpen your mind

*Key nutrients are essential for the brain to do its job. People who eat a selection of fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease. Regular consumption of antioxidant-rich green tea may also enhance memory and mental alertness as you age.*

## Feel better

Wholesome meals give you more energy and help you look better, resulting in a boost to your mood and self-esteem. It's all connected—when your body feels good you feel happier inside and out.

### How many calories do older adults need?

Use the following as a guideline:

#### **A woman over 50 who is:**

- Not physically active needs about 1600 calories a day
- Somewhat physically active needs about 1800 calories a day
- Very active needs about 2000 calories a day

#### **A man over 50 who is:**

- Not physically active needs about 2000 calories a day
- Somewhat physically active needs about 2200-2400 calories a day
- Very active needs about 2400-2800 calories a day

### **Ignite your energy**

Eating well helps keep up your energy level, too. By consuming enough (healthy) calories -- a way to measure the energy you get from food --you give your body the fuel it needs throughout the day. The number of calories needed depends on how old you are, whether you're a man or woman, your height and weight, and how active you are

### **Better digestion**

Your food choices also affect your digestion. For instance, not getting enough fiber or fluids may cause constipation. Eating more whole-grain foods with fiber, fruits and vegetables or drinking more water may help with constipation.

Of course, balanced nutrition is more than calorie counting. There are many other aspects to creating a nutritious and fulfilling lifestyle. Whatever your age, the key is to focus on eating whole, minimally processed food—food that is as close to its natural form as possible.



# Choosing Healthy Foods

Older adults can feel better now and stay healthy for the future by choosing wholesome, nutritious foods. A balanced diet and physical activity contribute to a higher quality of life and enhanced independence as you age.

## **Food your body needs as you age:**

**Fruit** – Focus on whole fruits rather than juices for more fiber and vitamins and aim for at least 2 to 3 servings each day. Break the apple and banana in half and go for color-rich pickings like berries or melons.

**Veggies** – Color is your credo in this category. Choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as orange and yellow vegetables, such as carrots, squash, and yams. Try for 2 to 3 cups or more of veggies every day.

**Calcium** – Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Older adults need 1,200 mg of calcium a day through servings of milk, yogurt, or cheese. Non-dairy sources include tofu, broccoli, almonds, and kale.

**Grains** – Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fiber. If you're not sure, look for pasta, breads, and cereals that list "whole" in the ingredient list. Older adults need 6-7 ounces of grains each day (one ounce is about 1 slice of whole grain bread).

**Protein** – Adults over 50 without kidney disease or diabetes need about 1 to 1.5 grams per kilogram (2.2lbs) of bodyweight. This translates to 68 to 102g of high-quality protein per day for a person weighing 150 lbs. (0.5 g of protein per lb. of body weight is close enough). Try to divide your protein intake equally among meals. It's important to vary your sources of protein instead of relying on just red meat, including more fish, chicken, rabbit, beans, peas, eggs, nuts, and seeds in your diet.

# Getting More High-Quality Protein In Your Diet

As you age, eating sufficient high-quality protein can improve your mood, boost your resistance to stress, anxiety, and depression, and even help you think clearly. It may also help you maintain physical function and reduce muscle loss, especially if accompanied by strength training at least twice a week. However, eating too much low-quality protein from industrially raised red meat and processed meat products, such as hot dogs, bacon, and salami, can increase your risk of heart disease, cancer, or other health problems. Industrially raised animals are typically denied access to the outdoors, pumped full of antibiotics and growth hormones, and given GMO feed grown with pesticides. When these additives enter the food chain they are mainly stored in the fat of an animal—which may be a good reason for not eating too much animal fat from these sources.

To include more high-quality protein in your diet, try replacing industrially raised red meat and processed meat with fish, free-range chicken and turkey, dairy, plant-based protein sources, or cheaper cuts of organic, grass-fed red meat. Replacing the red meat you eat with higher-quality protein for just a few meals a week could have a real beneficial impact on your overall health.

- Try a “meatless Monday” each week—plant-based protein sources are often less expensive than meat, so it can be as good for your wallet as it is for your health. A “fish Friday” can help encourage you to eat more seafood.
- Reduce the amount of processed carbohydrates you consume—from foods such as pastries, cakes, pizza, cookies and chips—and replace them with fish, beans, nuts, seeds, peas, tofu, chicken, dairy, and non-GMO soy products.
- Snack on nuts and seeds instead of chips, replace a baked dessert with Greek yogurt, or swap out slices of pizza for a grilled chicken breast and a side of beans.
- Add beans and peas to salads, soups, and stews to boost your protein intake.

# Important Vitamins And Minerals

Getting adequate nutrition can be a challenge as you get older. With age, the number of calories you need begins to decline. Every calorie you consume must be packed with nutrition in order to hit the mark.

Even then, you may fall short. "As we get older, the body becomes less efficient at absorbing some key nutrients," says Katherine Tucker, RD, PhD, chair of the department of health sciences at Northeastern University in Boston. In addition, the ability to taste food declines, blunting appetite. Some foods become difficult to chew or digest.

Several key nutrients in particular may be in short supply as you get older. Here are the top vitamins and nutrients to look out for -- and how to get enough.

## Vitamin B12

B12 is important for creating red blood cells and DNA, and for maintaining healthy nerve function. "Getting enough B12 is a challenge for older people because they can't absorb it from food as well as younger people," says Tucker. "Even if your diet contains enough, you may be falling short."

**How to hit the mark:** Eat more foods rich in B12. The richest sources include fish, meat, poultry, eggs, milk, and milk products. Talk to your doctor about whether you should take a B12 supplement.

## Folate/Folic Acid

You may have heard of folate. Too little of this essential B vitamin is known for contributing to anemia and increasing the risk of a pregnant woman having a baby with a neural tube defect. Older people whose diets don't include a lot of fruits and vegetables or fortified breakfast cereals may be falling short.

**How to hit the mark:** Now that breakfast cereals are fortified with folate, deficiencies are less common. "Still, if you don't eat breakfast cereals or plenty of fruits and vegetables, it's wise to ask your doctor if you should

take a supplement that contains folate," says Kathleen Zelman, RD, director of nutrition for WebMD.

## Calcium

Calcium plays many roles in the body. But it is most important for building and maintaining strong bones. Unfortunately, surveys show that as we age, we consume less calcium in our diets. "Calcium is so essential that if you don't get enough, your body will leach it out of your bones," says Zelman. Coming up short on calcium has been shown to increase the risk of brittle bones and fractures.

**How to hit the mark:** Good dietary sources of calcium include kale and broccoli, as well as juices fortified with calcium. Calcium-rich foods are by far that best choice, says Robert Heaney, MD, a Creighton University professor of medicine and an expert on calcium and vitamin D. "The body needs both calcium and protein for bone health," says Heaney. "So the ideal source of calcium is dairy products, not supplements." If you tend to steer clear of dairy products, talk to your doctor about whether you should take a supplement.

Joanne Koenig Coste, a former caregiver who works with older people, says that smoothies made with yogurt, fruit, and even vegetables can be an attractive option for people who have lost their appetite, have trouble chewing, or have a dry mouth. "I used to make one for my mother with spinach, yogurt, a little orange juice, and a little pistachio ice cream," she says. "My mother loved it. I'd divide it into small portions and freeze them for her. She'd take it out in the morning and have it for lunch." Another favorite: a smoothie of vanilla yogurt, a little molasses and maple syrup, and a small scoop of vanilla ice cream.

## Vitamin D

"Vitamin D helps the body absorb calcium, maintain bone density, and prevent osteoporosis," says Zelman. Recent findings suggest that D may also protect against some chronic diseases, including cancer, type 1 diabetes, rheumatoid arthritis, multiple sclerosis, and autoimmune diseases. In older people, vitamin D deficiency has also been linked to increased risk of falling. Many Americans fall short on vitamin D, which is mainly produced by the skin when exposed to sunlight.

**How to hit the mark:** Many foods are fortified with vitamin D, including cereals, milk, some yogurts, and juices. Few foods naturally contain vitamin

D. However, vitamin D is found in salmon, tuna, and eggs. Researchers are currently debating what the recommended level of vitamin D for optimal health should be. Many experts think older people need to take vitamin D supplements, since the skin becomes less efficient at producing the vitamin from sunlight as we age. For now, the best advice is to talk to your healthcare provider.

## Potassium

Getting enough potassium in your diet may also help keep bones strong. This essential mineral is vital for cell function and has also been shown to help reduce high blood pressure and the risk of kidney stones. Unfortunately, surveys show that many older Americans don't get the recommended 4,700 mg of potassium a day.

**How to hit the mark:** Fruits and vegetables are by far the richest dietary sources of potassium. Banana, prunes, plums, and potatoes with their skin are particularly rich in potassium. By helping yourself to fruits and vegetables at every meal, you can get enough potassium. If you're considering potassium supplements, talk to your doctor first. Just as too little potassium can be a problem, too much potassium can be very dangerous for your health.

## Magnesium

Magnesium plays a crucial role in some 300 different physiological processes. Getting enough can help keep your immune system in top shape, your heart healthy, and your bones strong. "Many whole foods, including vegetables, contain magnesium. But it is often lost in processing," says Tucker. Absorption of magnesium decreases with age. Some medications older people take, including diuretics, may also reduce magnesium absorption.

**How to hit the mark:** Fill your plate with as many unprocessed foods as possible, including fresh fruits, vegetables, nuts, whole grains, beans and seeds, all of which are great sources of magnesium.

## Fiber

Fiber helps promote healthy digestion by moving foods through the digestive tract. Foods rich in fiber, including whole grains, beans, fruits, and vegetables, have many other health benefits, including protecting against heart disease. "If you don't eat a lot of these whole foods, chances

are you're not getting enough fiber," says Zelman. You're not alone. Most Americans only get about half the recommended levels.

**How to hit the mark:** Eat more whole grains, nuts, beans, fruits, and vegetables. Be creative. "Try adding cranberry sauce to your turkey and whole wheat bread sandwich," Coste suggests. "Family can help out with this too. When you visit your parents, divide up pumpkin seeds, nuts, blueberries, or already-chopped vegetables into snack size bags and leave them in the refrigerator so they're ready to eat." And talk to your doctor about taking a fiber supplement.

### **Omega-3 Fats**

These unsaturated fats, found primarily in fish, have a wide range of benefits, including possibly reducing symptoms in rheumatoid arthritis and slowing the progression of age-related macular degeneration (AMD), a disease of reduced vision in the elderly. "New evidence suggests that omega-3s may also reduce the risk of Alzheimer's disease and perhaps even keep the brain sharper as we age," says Zelman. Seafood should be part of a heart-healthy diet but omega-3 supplements have not been shown to protect against the heart.

**How to hit the mark:** Nutrition experts recommend helping yourself to at least two servings of fish a week. Salmon, tuna, sardines, and mackerel are especially high in omega-3 fats. Some vegetable sources of omega 3 include soybeans, walnuts, flaxseed, and canola oil. Omega 3 supplements are available but be sure to talk to your doctor before you begin taking any supplements.

If you're an adult child trying to help your parents get more omega-3s, Coste says to make it as easy as possible for them. She suggests buying canned salmon to put on salad. "You can get little cans or open bigger cans and put them in a plastic container," she says. "Put mixed greens in another container. Then all they have to do is open the containers up and toss them together with salad dressing."

### **Water**

Water might not seem like an essential vitamin or mineral, but it is crucial for good health. With age, sense of thirst may decline. Certain medicines increase the risk for becoming dehydrated. Water is especially important if you are increasing the fiber in your diet, since it absorbs water. In the Modified MyPyramid for Older Adults, created by Tufts University

researchers, 8 glasses of fluids a day are next to physical activity in importance for health.

**How to hit the mark:** Nutritionists recommend you drink 3 to 5 large glasses of water each day, says Zelman. One sign that you're drinking enough is the color of your urine. It should be pale yellow. If it is bright or dark yellow, you may need to drink more liquids.

Coste says that adult children can help remind their parents to drink enough water by buying them 4-ounce water bottles. "As we get older, we get overwhelmed really easily," she says. "You open the refrigerator and you see big bottles of water and you close the refrigerator. You see a small bottle of water and you think, 'I can drink that.'"

Some people may need to have their amount of fluids restricted due to medical reasons such as kidney or liver disease. Make sure to check with your healthcare provider about a suitable fluid intake level for you. Taking in too much fluid can be unsafe, too.



# Eating More Fiber

Eating foods high in dietary fiber can do so much more than keep you regular. It can lower your risk for heart disease, stroke, and diabetes, improve the health of your skin, help you lose weight, and boost your immune system and overall health. As you age, your digestion becomes less efficient, so it's important to include enough fiber in your diet. Women over 50 should aim to eat at least 21 grams of fiber per day, men over 50 at least 30 grams a day. Unfortunately, most of us aren't getting even half those amounts.

In general, the more natural and unprocessed the food, the higher it is in fiber.

Good sources of fiber include whole grains, wheat cereals, barley, oatmeal, beans, nuts, vegetables such as carrots, celery, and tomatoes, and fruits such as apples, berries, citrus fruits, and pears—further reason to add more fruit and vegetables to your diet.

An easy way to add more fiber to your diet is to start your day with a high-fiber, whole grain cereal (just watch for added sugar). Simply switching your breakfast cereal from Corn Flakes to Bran Flakes can add about 6 extra grams of fiber to your diet. If you're not a fan of high-fiber cereals, try adding a couple of tablespoons of unprocessed wheat bran and fresh or dried fruit to your favorite cereal.

Eat whole fruits instead of drinking fruit juice. You'll get more fiber and consume fewer calories. An 8 oz. glass of orange juice, for example, contains almost no fiber and about 110 calories, while one medium fresh orange contains about 3g of fiber and only 60 calories. Peeling can reduce the amount of fiber in fruit, so try to eat the peel of apples and pears.

Liven up dull salads by adding nuts, seeds, kidney beans, peas, or black beans. You can also make tasty high-fiber additions to soups and stews by adding peas, beans, lentils, and rice.

# Tips For Wholesome Eating

Once you're used to eating nutrient-dense food, your body will feel slow and sluggish if you eat less wholesome fare. Here's how to get in the habit of eating well:

## **Enjoy Good Fats**

Rather than trying to cut out fat from your diet, focus on enjoying olive oil, avocados, salmon, sablefish, walnuts, flaxseed, and other healthy fats that can protect your body against heart disease. Enjoy dairy as well—recent studies show that eating whole-milk dairy products (milk, cheese, yoghurt) is linked to less body fat and lower levels of obesity.

## **Avoid "Bad" Carbs**

Bad carbohydrates—also known as simple or unhealthy carbs—are foods such as white flour, refined sugar, and white rice that have been stripped of all bran, fiber, and nutrients. Bad carbs digest quickly and cause spikes in blood sugar levels and short-lived energy. For long-lasting energy and stable insulin levels, choose "good" or complex carbs such as whole grains, beans, fruits, and vegetables.

## **Reduce Sodium (Salt)**

Reducing salt in your diet helps prevent water retention and high blood pressure. Look for the "low sodium" label and season meals with garlic, herbs, and spices instead of salt.

## **Cook Smart**

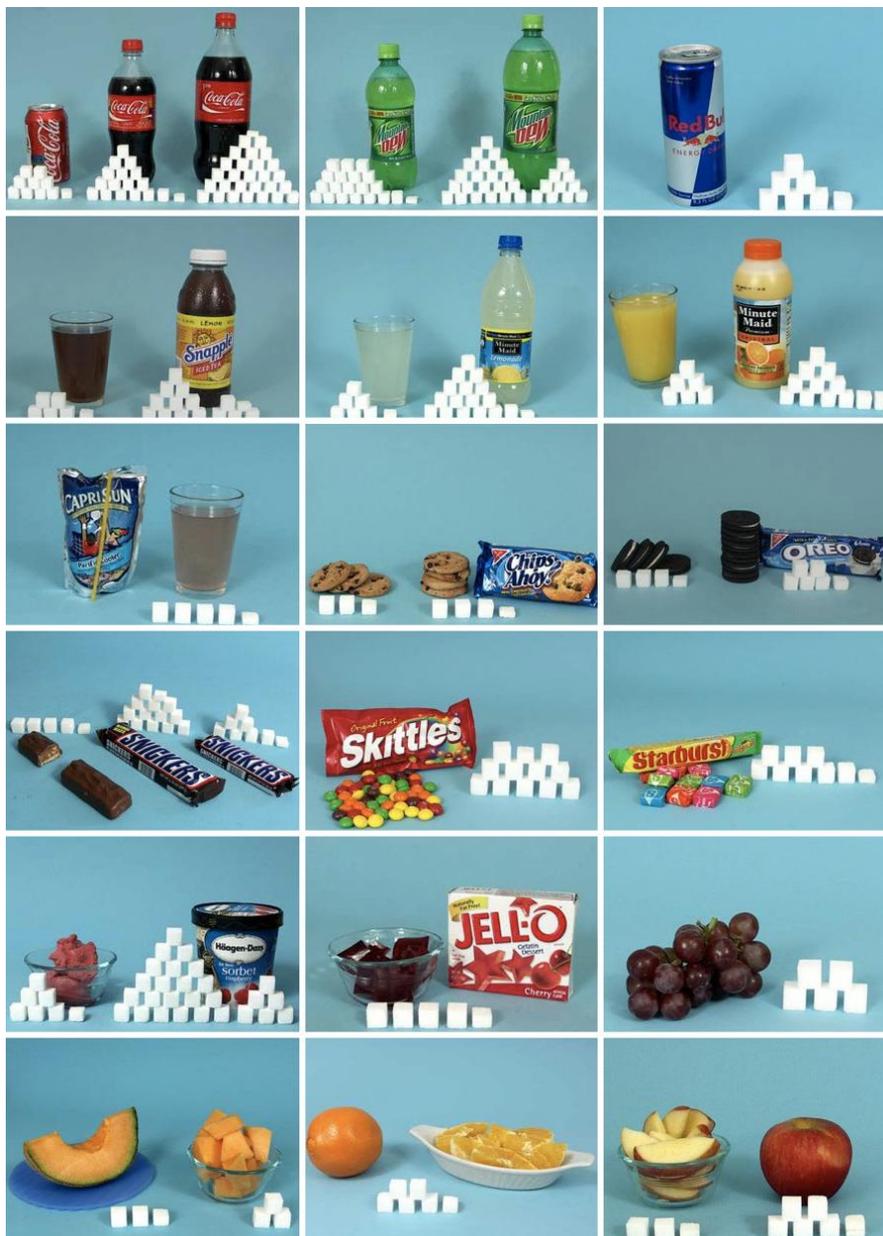
The best way to prepare veggies is by steaming or sautéing (not frying at high heat) in olive oil, as it preserves nutrients. Forget boiling—it drains nutrients.

## **Put Five Colors On Your Plate**

Take a tip from Japanese food culture and try to include five colors on your plate. Fruits and veggies rich in color correspond to rich nutrients (think: blackberries, melons, yams, spinach, tomatoes, zucchini).

### Look For Hidden Sugar

Added sugar can be hidden in foods such as bread, canned soups and vegetables, pasta sauce, instant mashed potatoes, frozen dinners, fast food, and ketchup—and can wreck any diet. Check food labels for other terms for sugar such as corn syrup, molasses, brown rice syrup, cane juice, fructose, sucrose, dextrose, or maltose. Opt for fresh or frozen vegetables instead of canned goods. Artificial sweeteners aren't the answer, either, as they encourage sugar cravings. Instead, sweeten drinks with honey or use whole fruit or fruit juice to sweeten dishes.



# Tips For Creating A Well-Balanced Diet

It doesn't have to be difficult to swap a tired eating regimen for a tasty, well-balanced eating plan.

## **Avoid skipping meals**

This causes your metabolism to slow down, which leads to feeling sluggish and making poorer choices later in the day.

## **Breakfast**

Select high-fiber breads and cereals, colorful fruit, and protein to fill you with energy for the day. Try yogurt with muesli and berries, a veggie-packed omelet, peanut-butter on whole grain toast with a citrus salad, or old-fashioned oatmeal made with dried cherries, walnuts, and honey.

## **Lunch**

Keep your body fueled for the afternoon with a variety of whole-grain breads, lean protein, and fiber. Try a veggie quesadilla on a whole-wheat tortilla, veggie stew with whole-wheat noodles, or a quinoa salad with roasted peppers and mozzarella cheese.

## **Dinner**

End the day on a wholesome note. Try warm salads of roasted veggies and a side of Ezekiel bread and feta cheese, grilled salmon with spicy salsa, or whole-wheat pasta with asparagus and shrimp. Opt for sweet potatoes instead of white potatoes and grilled meat instead of fried.

## **Snacks**

It's okay, even recommended, to snack. But make sure you make it count by choosing high-fiber snacks to healthfully tide you over to your next meal. Choose almonds and raisins instead of chips, and fruit instead of sweets. Other smart snacks include yogurt, cottage cheese, apples and peanut butter, and veggies and hummus.

# Coping With Changing Dietary Needs

Every season of life brings changes and adjustments to your body. Understanding what is happening will help you take control of your nutrition requirements.

## **PHYSICAL CHANGES THAT AFFECT YOUR DIET**

### **Metabolism**

Every year over the age of forty, our metabolism slows. This means that even if you continue to eat the same amount as when you were younger, you're likely to gain weight because you're burning fewer calories. In addition, you may be less physically active. Consult your doctor to decide if you should cut back on calories.

### **Weakened Senses**

Your taste and smell senses diminish with age. Older adults tend to lose sensitivity to salty and bitter tastes first, so you may be inclined to salt your food more heavily than before—even though older adults need less salt than younger people. Use herbs, spices, and healthy oils—like olive oil—to season food instead of salt. Similarly, older adults tend to retain the ability to distinguish sweet tastes the longest, leading some to overindulge in sugary foods and snacks. Instead of adding sugar, try increasing sweetness to meals by using naturally sweet food such as fruit, peppers, or yams.

### **Medications And Illness**

Some prescription medications and health problems can often negatively influence appetite and may also affect taste, again leading older adults to add too much salt or sugar to their food. Ask your doctor about overcoming side effects of medications or specific physical conditions.

Digestion. Due to a slowing digestive system, you generate less saliva and stomach acid as you get older, making it more difficult for your body to process certain vitamins and minerals, such as B12, B6 and folic acid, which are necessary to maintain mental alertness, a keen memory and good circulation. Up your fiber intake and talk to your doctor about possible supplements.

## LIFESTYLE CHANGES THAT AFFECT YOUR DIET

### Loneliness And Depression

Loneliness and depression affect your diet. For some, feeling down leads to not eating and in others it may trigger overeating. Be aware if emotional problems are affecting your diet, and take action by consulting your doctor or therapist. Sharing meals with others can also be an effective antidote to loneliness. Reach out to friends or neighbors—everyone loves a home-cooked meal and most people who live alone are in the same boat as you. They probably feel just as awkward about reaching out as you do. Be the one to take the initiative. You may even be able to share cooking responsibilities—one prepares the entrée, the other dessert, for example. Cooking with others can be a fun way to try out new recipes and deepen relationships.

### Death Or Divorce

If you're newly single, you may not be used to cooking or have little enthusiasm for preparing meals for just yourself. However, cooking your own meals can help you take charge of your health. No matter your age, living situation, or culinary skills, you can learn to prepare easy meals for one that not only taste great but can boost your energy and mood. The key to cooking for one is to master a few basic skills and get creative in making meals that work specifically for you. After all, that's the great thing about cooking for one: you don't have to please anyone but yourself.

### Living On A Limited Budget

You may think that it's impossible to afford a balanced, healthy diet on a limited income. But with the right tips and a little planning, it is possible to enjoy healthy food on the cheap. Often, by simply cutting out junk and processed foods and avoiding conventional grocery stores, you can free up enough in your budget to enjoy healthier, better quality food.

#### Understanding Malnutrition

Malnutrition is a critical health issue among older adults caused by eating too little food, too few nutrients, and by digestive problems related to aging. Malnutrition causes fatigue, depression, weak immune system, anemia, weakness, digestive, lung, and heart problems, as well as skin concerns.

Tips for preventing malnutrition as you age:

- Eat nutrient packed food
- Have flavorful food available
- Snack between meals
- Eat with company as much as possible
- Get help with food preparation
- Consult your doctor

# Overcoming Obstacles To Eating Well

Let's face it, there's a reason why so many of us have trouble eating nutritiously every day. Sometimes it's just quicker or easier to eat unhealthy food. If you're having trouble getting started on a healthy eating plan, these tips can help:

## Say "No" To Eating Alone

Eating with others can be as important as adding vitamins to your diet. A social atmosphere stimulates your mind and helps you enjoy meals. When you enjoy mealtimes, you're more likely to eat better. You can encourage each other to stick to your healthy eating plans as well. If you live alone, eating with company will take some strategizing, but the effort can pay off.

- **Make a date** to share lunch or dinners with children, grandchildren, nieces, nephews, friends, and neighbors on a rotating basis.
- **Join in** by taking a class, volunteering, or going on an outing, all of which can lead to new friendships and dining buddies.
- **Adult day care centers** provide both companionship and nutritious meals for older adults who are isolated and lonely, or unable to prepare their own meals.
- **Senior meal programs** are a great way to meet others. Contact your local Senior Center, YMCA, congregation, or high school and ask about senior meal programs.

## Loss Of Appetite

First, check with your doctor to see if your loss of appetite could be due to medication you're taking, and whether the medication or dosage can be changed. Try natural flavor enhancers such as olive oil, butter, vinegar, garlic, onions, ginger, and spices to boost your appetite.

## Difficulty Chewing

Make chewing easier by drinking smoothies made with fresh fruit, yogurt, and protein powder. Eat steamed veggies and soft food such as couscous, rice, and yogurt. Consult your dentist to make sure your dentures are properly fitted.

## **Dry Mouth**

Drink 8–10 glasses of water each day. Take a drink of water after each bite of food, add sauces and salsas to your food to moisten it, avoid commercial mouthwash, and ask your doctor about artificial saliva products.

## **“I Don’t Like Healthy Food”**

None of us were born with a craving for French fries and donuts or an aversion to broccoli and whole grains. This conditioning happens over time as we’re exposed to more and more unhealthy food choices. However, a recent study indicated that it is possible to reprogram your brain’s food cravings so that you crave healthier foods instead of junk food. It takes time, of course, and if you were raised eating lots of bacon and white bread, for example, a new way of eating might sound off-putting at first. That’s understandable. But view eating healthily as an adventure and start with small steps:

- First and foremost, commit to keeping an open mind. Just because a food is healthy, it doesn’t mean it can’t be tasty as well.
- Try including a healthy fruit or veggie at every meal. You don’t have to change everything all at once. Add a side salad to your dinner, for example, or substitute unhealthy fries with baked sweet potato fries, or have a smaller portion of dessert and fill up with melon and pineapple slices.
- Focus on how you feel after eating well—this will help foster new habits and tastes. The more healthy food you eat, the better you’ll feel afterwards.

## **Stuck In A Rut**

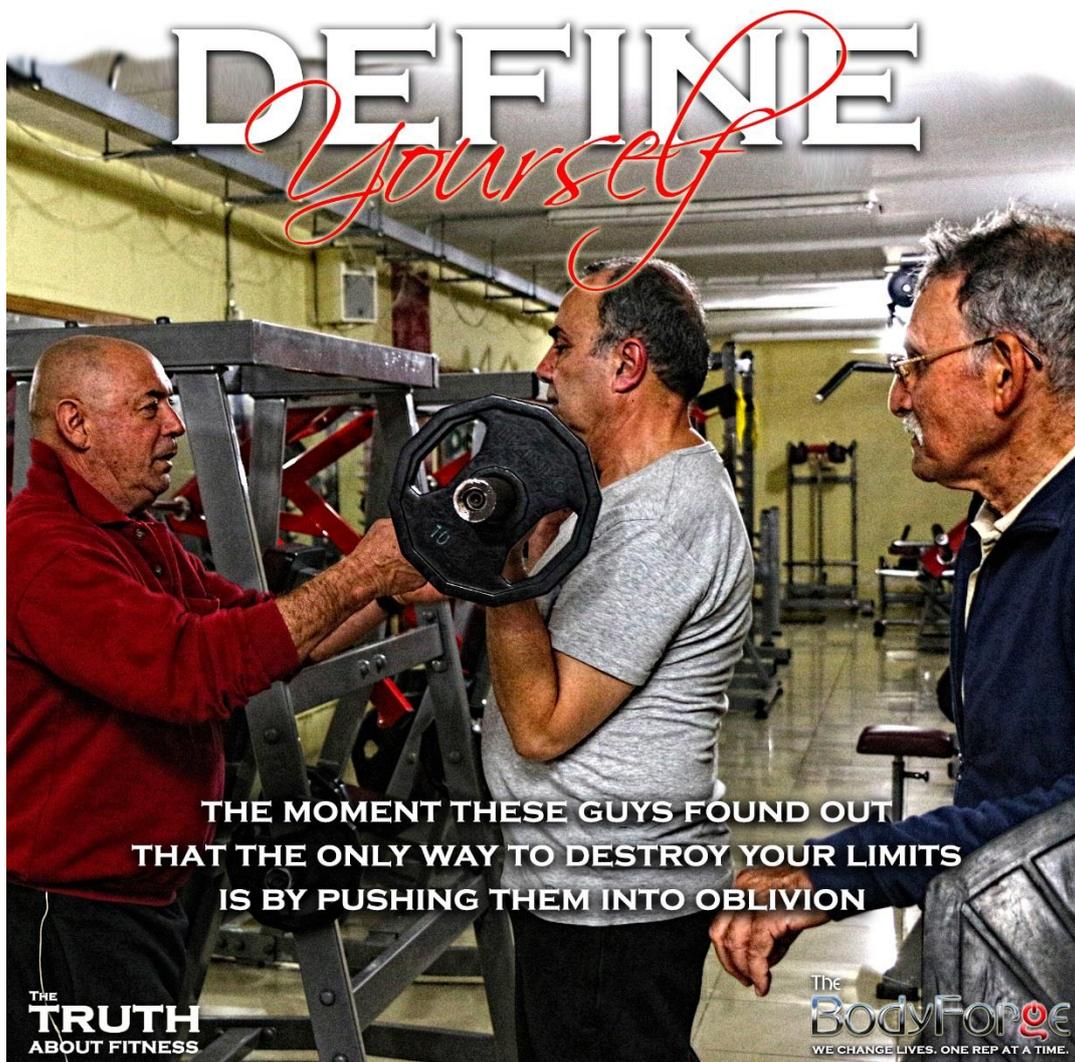
No matter how healthy your diet, eating the same foods over and over is bound to get boring. Rekindle inspiration by browsing produce at a farmers market, reading a cooking magazine, buying foods or spices you haven’t tried before, or chatting with friends about what they eat. By making variety a priority, you’ll find it easier to get creative with healthy meals.



## If you can't shop or cook for yourself...

There are a number of possibilities, depending on your living situation, finances, and needs:

- **Take advantage of home delivery.** Many grocery stores have Internet or phone delivery services.
- **Swap services.** Ask a friend, neighborhood teen, or college student if they would be willing to shop for you.
- **Share your home.** If you live alone in a large home, consider having a housemate/companion who would be willing to do the grocery shopping and cooking.
- **Hire a homemaker.** Try to find someone who can do the shopping and meal preparation for you.



# Tips For Staying On Track

Eating healthily is an ongoing commitment, but it's easier than you think. Here are some tips for staying on course:

**Ask for help.** Admit when you need a hand to shop, cook, and plan meals and find someone to help. It's important for your health not to revert to frozen dinners or takeout food.

**Variety, variety, variety!** Try eating and cooking something new as soon as boredom strikes.

**Make every meal "do-able."** Healthy eating needn't be a big production. Keep it simple and you'll stick with it. Stocking the pantry and fridge with wholesome choices will make it easier to prepare quick, tasty meals.

**Set the mealtime mood.** Set the table, light candles, play music, or eat outside or by a window when possible. Tidying yourself and your space will help you enjoy the moment.

**Break habits.** If you eat watching TV, try eating while reading or use the time to catch up with your spouse or a friend. If you eat at the counter, set the table instead.



# Make One Change At A Time

Eating well isn't just a "diet" or "program" that's here today and gone tomorrow. It is part of a healthy lifestyle that you can adopt now and stay with in the years to come.

To eat healthier, you can begin by taking small steps, making one change at a time. For instance, you might

- take the salt shaker off your table. Decreasing your salt intake slowly will allow you to adjust
- switch to whole-grain bread, seafood, or more vegetables and fruits when you shop
- Increase your water intake slowly, one glass at a time

These changes may be easier than you think. They're possible even if you need help with shopping or cooking, or if you have a limited budget.



# For Those Who Want To Make Things Happen

So you've read these notes and you've learnt stuff.

What next?

Are you going to make the changes necessary to your current lifestyle?

Are you going to take it to the next level?

I mean **right now**. Zero procrastination.

Look. I have been in this business long enough to know that despite our best intentions and all the information in the world, actually jump-starting a healthier lifestyle is not easy at all.

We all need a helping hand to start us off and to guide us through.

And this is what we do at The BodyForge.

We are not a fitness facility.

We are Life Performance Connoisseurs.

With us, it's not just about being fitter and healthier. Any box gym can do that.

With us, it's about Life. Because, at the end of the day, it's all about being happy with yourself.

We love to make the difference between thriving and surviving.

It's what real coaching is made of.

**If you think this is what you are looking for, please email us on [info@bfgozo.com](mailto:info@bfgozo.com) and tell us your story.**

We would love to hear from you and help you out.

Dedicated to those who never want to grow old.

*Don*

Donatello Pisani  
**CEO - The BodyForge**  
*We Change Lives. One Rep At A Time.*

# Notes